



## Pineapple Glazed Ham Balls



Dairy Free



Popular

READY IN



50 min.

SERVINGS



20

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 pound bacon diced
- ☐ 1 pound ham diced
- ☐ 1 pound ground pork
- ☐ 2 eggs
- ☐ 1 cup breadcrumbs
- ☐ 2 Tbsp brown sugar
- ☐ 2 teaspoons mustard dry
- ☐ 1 teaspoon salt

- ☐ 2 Tbsp pineapple juice
- ☐ 1 cup pineapple juice
- ☐ 0.5 cup cider vinegar
- ☐ 0.5 cup brown sugar
- ☐ 1 Tbsp catsup
- ☐ 0.5 teaspoon cayenne
- ☐ 1 teaspoon cornstarch mixed with 2 tbsp cold water

## Equipment

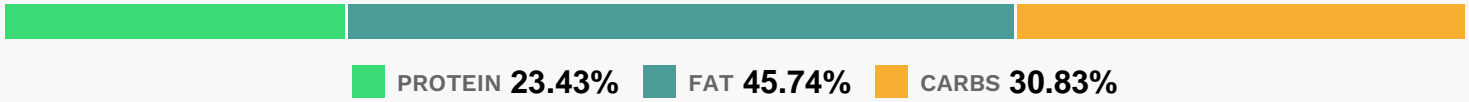
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

## Directions

- ☐ Preheat the oven to 350°F.
- ☐ Process bacon and ham:
- ☐ Put the bacon and ham into a food processor and pulse briefly 3–4 times to chop fine. Do not purée.
- ☐ Place the mixture in a large bowl with the remaining meatball ingredients and mix well to combine.
- ☐ Form ham balls: Using your hands, form meatballs anywhere from 1-inch to 2-inches in diameter. The smaller diameter meatballs will make for easier eating if you are making them for an appetizer for a party. Larger meatballs will work well for a main course.
- ☐ Bake: Arrange the ham balls in a casserole pan and bake in the 350°F oven for about 1 hour for 2-inch diameter meatballs, or 30–40 minutes for 1-inch diameter meatballs.
- ☐ These meatballs are pretty forgiving, but look for an internal temperature of about 165° or so.
- ☐ Make glaze: Make the glaze when you put the meatballs in the oven.

- ☐
- Mix all the ingredients except the corn starch in a small pot and bring to a boil.
- ☐
- Whisk in the corn starch and simmer 1–2 minutes.
- ☐
- Baste: Baste the ham balls once they have cooked for 20 minutes, then again at 40 minutes for larger meatballs or at 10 minutes and 20 minutes if you are making small meatballs, and then again at 5 minutes before they're done.
- ☐
- Serve by themselves as a party appetizer, or on pineapple rings.

## Nutrition Facts



## Properties

Glycemic Index:8.2, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:4.4734782745009%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 171.39kcal (8.57%), Fat: 8.67g (13.34%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 12.83g (4.67%), Sugar: 8.8g (9.78%), Cholesterol: 48.59mg (16.2%), Sodium: 518.13mg (22.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.98%), Vitamin B1: 0.25mg (16.35%), Selenium: 9.96µg (14.23%), Vitamin B3: 1.63mg (8.17%), Manganese: 0.15mg (7.35%), Phosphorus: 69.32mg (6.93%), Vitamin B6: 0.14mg (6.77%), Vitamin B2: 0.1mg (6.17%), Zinc: 0.74mg (4.9%), Iron: 0.83mg (4.63%), Vitamin B12: 0.25µg (4.09%), Potassium: 128.43mg (3.67%), Vitamin B5: 0.3mg (2.99%), Folate: 11.89µg (2.97%), Magnesium: 11.27mg (2.82%), Calcium: 24.32mg (2.43%), Copper: 0.04mg (2.23%), Vitamin C: 1.58mg (1.91%), Fiber: 0.31g (1.24%), Vitamin A: 53.34IU (1.07%)