

Piquant Meatballs

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds ground beef 90% lean ()
- 12 ounces chili sauce
- 1 cup oatmeal cornflakes crushed
- 2 tablespoons dehydrated onion dried minced
- 0.3 cup parsley dried
- 2 eggs lightly beaten
- 0.3 teaspoon garlic powder
- 0.3 cup catsup

- 1 tablespoon juice of lemon
- 0.5 teaspoon pepper
- 0.8 teaspoon salt
- 3 tablespoons soya sauce
- 14 ounces roasted cranberry sauce canned

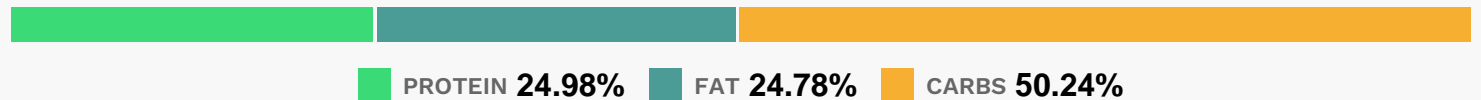
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- In a saucepan, combine cranberry sauce, chili sauce and lemon juice. Bring to a boil over medium heat; cook and stir until smooth. Set aside.
- In a bowl, combine the next nine ingredients; add beef and mix well. Shape into 1-in. balls.
- Place in a greased 13-in. x 9-in. baking dish.
- Pour sauce over meatballs.
- Bake, uncovered, at 350° for 40–50 minutes or until the meatballs are no longer pink and sauce is bubbly.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:13.880434865537%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin:

23.46mg, Apigenin: 23.46mg, Apigenin: 23.46mg, Apigenin: 23.46mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 230.74kcal (11.54%), Fat: 6.4g (9.84%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 27.66g (10.06%), Sugar: 13.56g (15.07%), Cholesterol: 57.31mg (19.1%), Sodium: 784.6mg (34.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.52g (29.03%), Iron: 6.14mg (34.13%), Vitamin B12: 2.04µg (34.02%), Vitamin B3: 6.16mg (30.78%), Vitamin B6: 0.55mg (27.57%), Vitamin B2: 0.39mg (22.66%), Zinc: 3.04mg (20.28%), Selenium: 12.84µg (18.35%), Vitamin B1: 0.25mg (16.95%), Folate: 64.19µg (16.05%), Phosphorus: 152.57mg (15.26%), Vitamin C: 8.44mg (10.23%), Potassium: 347.75mg (9.94%), Vitamin A: 485.05IU (9.7%), Vitamin K: 9.28µg (8.84%), Manganese: 0.14mg (6.87%), Vitamin E: 1.02mg (6.79%), Magnesium: 25.67mg (6.42%), Copper: 0.12mg (6.25%), Fiber: 1.53g (6.13%), Vitamin B5: 0.49mg (4.87%), Vitamin D: 0.7µg (4.66%), Calcium: 25.03mg (2.5%)