

## Saucy Cherry Meatballs

READY IN



35 min.

SERVINGS



16

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 pound ground beef 90% lean ( )
- 0.3 cup apple juice
- 7 slices bread cut into 1/2-inch cubes
- 2 tablespoons brown sugar
- 0.5 pound sausage meat
- 8 ounces water chestnuts drained chopped canned
- 21 ounces cherry pie filling canned
- 0.3 cup apple cider vinegar
- 1 teaspoon garlic salt

- 0.5 cup milk
- 0.3 teaspoon onion powder
- 2 tablespoons soya sauce
- 0.3 cup steak sauce

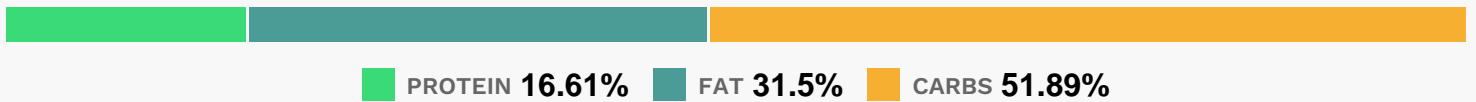
## Equipment

- bowl
- frying pan
- baking pan
- kitchen thermometer
- aluminum foil

## Directions

- In a bowl, combine the milk, soy sauce, bread cubes, garlic salt and onion powder. Crumble beef and sausage over mixture and mix well. Stir in water chestnuts. Shape into 1-in. balls.
- Line a 15-in. x 10-in. x 1-in. baking pan with foil; place meatballs in pan. Broil 4-6 in. from the heat for 10 minutes or until a thermometer reads 160°; drain.
- In a large skillet, combine the sauce ingredients. Bring to a boil. Reduce heat; simmer, uncovered, until thickened.
- Add meatballs; cook and stir until heated through.

## Nutrition Facts



## Properties

Glycemic Index:13.78, Glycemic Load:3.53, Inflammation Score:-2, Nutrition Score:5.4991304045138%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 173.85kcal (8.69%), Fat: 6.03g (9.28%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 22.37g (7.46%),  
Net Carbohydrates: 21.01g (7.64%), Sugar: 3.98g (4.42%), Cholesterol: 20.33mg (6.78%), Sodium: 501.45mg (21.8%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Vitamin B3: 2.34mg (11.69%), Manganese: 0.21mg  
(10.75%), Selenium: 6.41µg (9.16%), Vitamin B6: 0.17mg (8.65%), Zinc: 1.27mg (8.5%), Phosphorus: 83.52mg (8.35%),  
Vitamin B12: 0.47µg (7.92%), Vitamin B1: 0.12mg (7.67%), Iron: 1.33mg (7.38%), Vitamin B2: 0.1mg (5.79%),  
Potassium: 201.07mg (5.74%), Fiber: 1.35g (5.42%), Copper: 0.1mg (5.08%), Magnesium: 16.64mg (4.16%), Vitamin  
B5: 0.38mg (3.76%), Folate: 14.9µg (3.73%), Calcium: 35.89mg (3.59%), Vitamin C: 2.05mg (2.49%), Vitamin A:  
110.44IU (2.21%), Vitamin D: 0.28µg (1.88%), Vitamin E: 0.25mg (1.69%)