



Saucy Meatballs with Creamy Dipping Sauce

 **Gluten Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



25

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp original barbecue sauce kraft
- 1 lb ground beef
- 0.5 cup miracle whip dressing
- 1 pkt. shake 'n bake bbq glaze seasoned coating mix divided
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Equipment

- oven
- baking pan

aluminum foil

Directions

- Heat oven to 350F.
- Mix meat with 3 Tbsp. coating mix; shape into 20 meatballs, each about 1 inch in diameter.
- Place remaining coating mix in shaker bag.
- Add meatballs in batches; shake gently until evenly coated.
- Place in single layer on foil-lined 15x10x1-inch baking pan.
- Sprinkle with any coating mix remaining in bag.
- Bake 15 min. or until meatballs are no longer pink in centers.
- Mix dressing and barbecue sauce.
- Serve as a dipping sauce for the meatballs.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.558260878872%

Nutrients (% of daily need)

Calories: 52.71kcal (2.64%), Fat: 3.78g (5.81%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.98g (1.09%), Cholesterol: 13.34mg (4.45%), Sodium: 66.35mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Vitamin B12: 0.39µg (6.47%), Zinc: 0.76mg (5.07%), Selenium: 2.74µg (3.91%), Vitamin B3: 0.78mg (3.88%), Vitamin B6: 0.06mg (2.98%), Phosphorus: 29.19mg (2.92%), Iron: 0.37mg (2.04%), Vitamin B2: 0.03mg (1.62%), Potassium: 54.64mg (1.56%)