

Savory Glazed Meatballs

READY IN



45 min.

SERVINGS



16

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounce chili sauce
- 0.5 cup breadcrumbs dry fine
- 2 eggs beaten
- 12 ounce grape jelly
- 1 pound ground beef
- 0.3 cup milk
- 0.5 cup onion minced
- 0.3 teaspoon pepper
- 1 teaspoon salt

- 0.3 cup vegetable oil
- 0.5 teaspoon worcestershire sauce

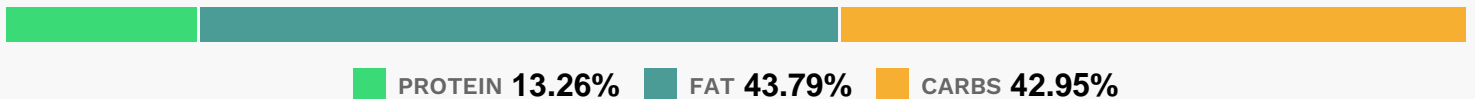
Equipment

- frying pan
- paper towels
- toothpicks
- slow cooker

Directions

- Combine first eight ingredients, mixing well; shape into 36 one-inch meatballs.
- Cook in oil over medium heat for 10 to 15 minutes or until browned.
- Drain on paper towels.
- Combine grape jelly and chili sauce in a large skillet. Cook over medium heat, stirring until well combined, about 3 minutes.
- Place cooked or thawed meatballs in a single layer in skillet coating each meatball evenly with sauce. Cover; simmer 10 minutes stirring occasionally, until sauce is bubbly and meatballs are heated through.
- Transfer glazed meatballs to a chafing dish or slow cooker.
- Serve with frilly toothpicks.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:8.1, Inflammation Score:-2, Nutrition Score:5.5643478372823%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 206.5kcal (10.32%), Fat: 9.98g (15.36%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 22.03g (7.34%), Net Carbohydrates: 21.04g (7.65%), Sugar: 13.78g (15.32%), Cholesterol: 41.05mg (13.68%), Sodium: 492.66mg (21.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.61%), Vitamin B12: 0.69µg (11.47%), Selenium: 7.55µg (10.79%), Zinc: 1.38mg (9.18%), Vitamin B3: 1.79mg (8.93%), Phosphorus: 81.81mg (8.18%), Vitamin K: 8.2µg (7.81%), Vitamin B6: 0.15mg (7.58%), Vitamin B2: 0.12mg (6.98%), Vitamin C: 5.67mg (6.87%), Iron: 1.11mg (6.16%), Vitamin E: 0.89mg (5.95%), Potassium: 200.75mg (5.74%), Vitamin B1: 0.07mg (4.94%), Copper: 0.08mg (4.08%), Fiber: 0.99g (3.96%), Vitamin A: 180.88IU (3.62%), Folate: 13.4µg (3.35%), Calcium: 29.13mg (2.91%), Magnesium: 11.37mg (2.84%), Manganese: 0.05mg (2.74%), Vitamin B5: 0.27mg (2.7%), Vitamin D: 0.18µg (1.2%)