



Shane's Sweet and Sour Meatballs

 **Gluten Free**  **Dairy Free**

READY IN

ready

65 min.

SERVINGS

servings

12

CALORIES

calories

266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons pepper black
- ☐ 0.5 cup dijon mustard
- ☐ 6 cloves garlic chopped
- ☐ 0.5 cup green onion chopped
- ☐ 4 cups catsup
- ☐ 1 pound meatballs frozen thawed cooked
- ☐ 12 servings coarse pepper black
- ☐ 16 2 8-ounce cans pineapple chunks drained canned

- ☐ 2 tablespoons pineapple juice
- ☐ 1 onion diced white red
- ☐ 1 cup sugar
- ☐ 0.3 cup water
- ☐ 0.3 cup vinegar white
- ☐ 2 tablespoons worcestershire sauce

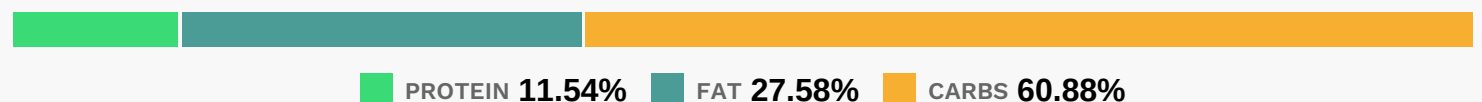
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In deep non-greased baking pan, add the thawed meatballs. Top the meatballs with the pineapple chunks. In a medium bowl add the mustard, red and green onion, and garlic.
- ☐ Mix well. Top the meatballs and pineapple with the mustard sauce.
- ☐ Add the Sweet and Sour Sauce and season with black pepper.
- ☐ Bake for 30 minutes.
- ☐ Remove from the oven; add the remaining pineapple juice, stir to combine, and place back in the oven for the remaining 30 minutes.
- ☐ Serve while hot.
- ☐ In a saucepot, mix all ingredients together. Cook on high heat. Keep your eye on it. Do not walk away. Cook for 2 minutes and stir. After 3 to 4 minutes, take it off the heat and mix for 2 minutes. Use it same day or keep in the refrigerator for about 2 to 3 weeks at the maximum.

Nutrition Facts



Properties

Glycemic Index:29.26, Glycemic Load:12.34, Inflammation Score:-5, Nutrition Score:9.1917391238005%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 265.97kcal (13.3%), Fat: 8.56g (13.17%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 41.22g (14.99%), Sugar: 35.05g (38.95%), Cholesterol: 27.22mg (9.07%), Sodium: 899.82mg (39.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.11%), Vitamin B1: 0.32mg (21.37%), Selenium: 13.87µg (19.82%), Manganese: 0.33mg (16.31%), Vitamin B6: 0.32mg (15.86%), Vitamin B3: 2.93mg (14.63%), Vitamin B2: 0.25mg (14.45%), Vitamin K: 13.09µg (12.47%), Potassium: 422.37mg (12.07%), Phosphorus: 108.59mg (10.86%), Vitamin A: 471.32IU (9.43%), Vitamin E: 1.24mg (8.3%), Vitamin C: 6.26mg (7.59%), Zinc: 1.11mg (7.39%), Magnesium: 27.54mg (6.88%), Copper: 0.13mg (6.5%), Iron: 1.16mg (6.46%), Fiber: 1.28g (5.13%), Vitamin B12: 0.26µg (4.41%), Calcium: 40.73mg (4.07%), Folate: 15.2µg (3.8%), Vitamin B5: 0.36mg (3.61%)