



Stuffing Balls

READY IN



35 min.

SERVINGS



35

CALORIES



70 kcal

SIDE DISH

Ingredients

- 2 Tbsp butter melted
- 1 eggs
- 1 lb ground pork
- 6 oz stove top stuffing mix for chicken
- 1 cup water
- 0.8 cup cranberry sauce

Equipment

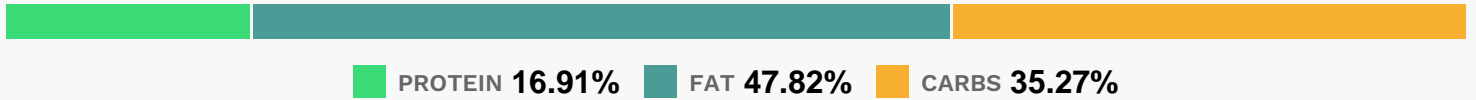
- bowl

- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 325F.
- Cook meat in large skillet until cooked through, stirring frequently; drain.
- Place in large bowl; cool slightly. Stir in stuffing mix.
- Add cranberry sauce, egg and water; mix well. Shape into 16 balls; place on foil-covered baking sheet.
- Brush with butter.
- Bake 20 min. or until done (160F).

Nutrition Facts



Properties

Glycemic Index:1.43, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.1439130247935%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 70kcal (3.5%), Fat: 3.7g (5.69%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.92g (2.15%), Sugar: 2.32g (2.57%), Cholesterol: 15.8mg (5.27%), Sodium: 83.18mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Selenium: 5.94µg (8.48%), Vitamin B1: 0.13mg (8.35%), Vitamin B3: 0.85mg (4.25%), Vitamin B2: 0.06mg (3.37%), Phosphorus: 32.46mg (3.25%), Vitamin B6: 0.06mg (3%), Folate: 9.49µg (2.37%), Zinc: 0.35mg (2.33%), Iron: 0.35mg (1.92%), Vitamin B12: 0.1µg (1.74%), Manganese: 0.03mg (1.71%), Potassium: 52.76mg (1.51%), Vitamin B5: 0.13mg (1.26%), Magnesium: 4.76mg (1.19%), Copper: 0.02mg (1.05%)