



WHATSheATE



Susan Fedrow's Sweet and Sour Meatballs



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 tsp pepper black



0.3 cup breadcrumbs



1 eggs beaten



1 clove garlic powder fresh minced



20 oz pineapple chunks unsweetened canned



0.3 tsp salt

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Susan Fedrow's Sweet and Sour Meatballs
- ☐ Ingredients1 1/2 lb ground beef, turkey or chicken, or any mixture of those meats1/3 cup breadcrumbs1 egg, beaten1/4 tsp salt1/4 tsp black pepper1 clove fresh garlic, minced or ¼ tsp garlic powder2 large cans (20 oz) unsweetened pineapple chunks in their own liquid2 jars (12 oz.) chili sauce (any brand will do– Heinz makes a kosher–approved sauce)
- ☐ Servings: 4–6 entree portions or 12–14 appetizer portions
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:5.7060869465704%

Nutrients (% of daily need)

Calories: 137.47kcal (6.87%), Fat: 1.68g (2.59%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 26.57g (9.66%), Sugar: 20.82g (23.13%), Cholesterol: 40.92mg (13.64%), Sodium: 228.43mg (9.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Vitamin C: 13.33mg (16.15%), Vitamin B1: 0.24mg (15.82%), Copper: 0.19mg (9.28%), Fiber: 2.3g (9.21%), Selenium: 6.28µg (8.97%), Vitamin B6: 0.14mg (7.02%), Vitamin B2: 0.12mg (6.88%), Magnesium: 26.86mg (6.72%), Potassium: 213.26mg (6.09%), Iron: 1.05mg (5.84%), Folate: 22.03µg (5.51%), Manganese: 0.1mg (5.23%), Vitamin B3: 1.01mg (5.06%), Phosphorus: 47.78mg (4.78%), Calcium: 46.15mg (4.62%), Zinc: 0.42mg (2.82%), Vitamin A: 130.96IU (2.62%), Vitamin B5: 0.22mg (2.22%), Vitamin B12: 0.13µg (2.16%), Vitamin K: 1.82µg (1.74%), Vitamin D: 0.22µg (1.47%), Vitamin E: 0.15mg (1.03%)