



Sweet and Sour Eyeballs

READY IN



55 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bread crumbs plain
- ☐ 2 tablespoons butter
- ☐ 1 cup chili sauce
- ☐ 1 eggs beaten
- ☐ 4 servings olives green with pimento sliced
- ☐ 1 pound ground beef
- ☐ 0.5 cup apricot jelly
- ☐ 4 servings salt and pepper black freshly ground

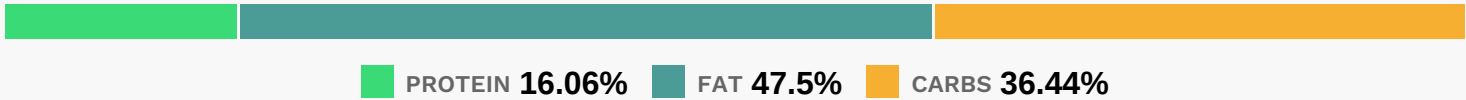
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ With a fork or clean hands, gently combine the meat, egg, bread crumbs, salt, and pepper. Shape into 1-inch balls. Press a green olive slice into the ball to make "eyes". Melt the butter in a large saute pan and brown the meatballs on all sides.
- ☐ Drain off the fat. In a bowl, stir together the jelly and chili sauce and pour over the meatballs. Simmer uncovered for 30 minutes over medium to low heat, turning the meatballs regularly.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:15.86, Inflammation Score:-6, Nutrition Score:19.090434831122%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 644.13kcal (32.21%), Fat: 33.77g (51.96%), Saturated Fat: 13.33g (83.31%), Carbohydrates: 58.29g (19.43%), Net Carbohydrates: 54.59g (19.85%), Sugar: 31.1g (34.55%), Cholesterol: 136.48mg (45.49%), Sodium: 1525.01mg (66.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.4%), Vitamin B12: 2.61µg (43.46%), Selenium: 27.35µg (39.06%), Vitamin B3: 7.3mg (36.52%), Zinc: 5.33mg (35.51%), Phosphorus: 280.56mg (28.06%), Vitamin B6: 0.53mg (26.69%), Iron: 4.23mg (23.52%), Vitamin B2: 0.38mg (22.57%), Vitamin B1: 0.32mg (21.46%), Vitamin E: 2.88mg (19.22%), Potassium: 657.7mg (18.79%), Vitamin C: 14.66mg (17.77%), Vitamin A: 777.58IU (15.55%), Fiber: 3.7g (14.81%), Copper: 0.29mg (14.26%), Folate: 46.42µg (11.6%), Manganese: 0.23mg (11.51%), Magnesium: 41.71mg (10.43%), Calcium: 98.3mg (9.83%), Vitamin B5: 0.87mg (8.72%), Vitamin K: 7.89µg (7.52%), Vitamin D: 0.33µg (2.22%)