



Sweet and Sour Faux Meat Balls

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



390 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup apricot preserves
- 0.5 cup curd cottage cheese
- 1 teaspoon basil dried
- 5 eggs beaten
- 2 cups seasoned bread crumbs italian
- 1 cup catsup
- 0.5 cup onion diced finely
- 1 teaspoon oregano dried

- 1 cup pecans chopped
- 1 dash hot sauce hot
- 0.3 teaspoon sage
- 0.5 tablespoon salt
- 1 cup cheddar cheese shredded
- 0.3 cup vegetable oil
- 0.3 cup vinegar white

Equipment

- bowl
- oven
- baking pan

Directions

- To make Sweet and Sour Sauce: In a medium bowl combine the oil, vinegar, jam, ketchup, grated onion, salt, oregano and hot pepper sauce. Stir until well combined.
- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl combine the eggs, Cheddar cheese, cottage cheese, chopped onion, pecans, basil, salt, sage and bread crumbs.
- Mix well and form into 2 inch balls or patties.
- Place them in a 9x13 inch baking dish and cover them with sweet and sour sauce.
- Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes.

Nutrition Facts



PROTEIN 11.45% FAT 47.24% CARBS 41.31%

Properties

Glycemic Index:14.6, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:13.586521646251%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 389.95kcal (19.5%), Fat: 21.09g (32.45%), Saturated Fat: 4.89g (30.58%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 38.87g (14.13%), Sugar: 17.94g (19.93%), Cholesterol: 95.17mg (31.72%), Sodium: 1035.66mg (45.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.01%), Manganese: 0.81mg (40.34%), Selenium: 18.04µg (25.77%), Vitamin K: 25.49µg (24.28%), Vitamin B1: 0.32mg (21.63%), Copper: 0.41mg (20.74%), Phosphorus: 194.8mg (19.48%), Vitamin B2: 0.33mg (19.46%), Calcium: 168.77mg (16.88%), Iron: 2.26mg (12.55%), Folate: 49.63µg (12.41%), Zinc: 1.66mg (11.07%), Fiber: 2.63g (10.51%), Vitamin B3: 2.01mg (10.07%), Vitamin A: 475.09IU (9.5%), Vitamin E: 1.41mg (9.43%), Magnesium: 37.04mg (9.26%), Vitamin B6: 0.17mg (8.48%), Vitamin B12: 0.44µg (7.41%), Potassium: 253.03mg (7.23%), Vitamin B5: 0.71mg (7.15%), Vitamin C: 4.44mg (5.38%), Vitamin D: 0.52µg (3.46%)