



## Sweet and Sour Gluten-Free Meatballs

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 t pepper black
- ☐ 15 oz tomato sauce canned
- ☐ 12 oz chili sauce
- ☐ 0.7 C flax cereal crispy for allergen-free canned (Though you can sub another rice cereal, this is the best brand to use )
- ☐ 2 t garlic powder
- ☐ 2 lb ground beef lean (or turkey)
- ☐ 0.5 C juice of lemon
- ☐ 0.3 small onion minced

- ☐ 2 t parsley flakes fresh minced (or parsley, )
- ☐ 2 t salt
- ☐ 1 C sugar
- ☐ 0.5 C water
- ☐ 16 oz cranberry sauce whole canned (jellied or )

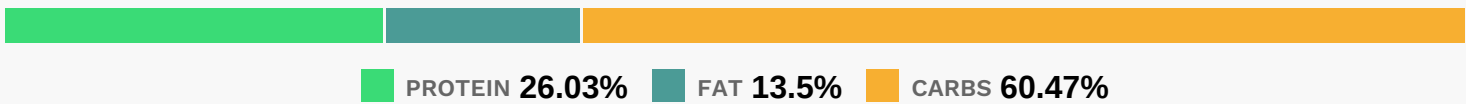
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Preheat oven to 375°FIn a saucepan on medium heat, combine all ingredients, and stir.Bring sauce to a boil and turn heat to low to simmer the sauce.Grind Enjoy Life Crispy Rice or Flax cereal. In a large bowl, combine all ingredients. Form into balls and place on sheet pan.
- ☐ Bake for 10–12 minutes on each side.When completed, blot excess fat and add meatballs to the sauce.Simmer covered for 45 minutes, stirring periodically.

## Nutrition Facts



## Properties

Glycemic Index:29.85, Glycemic Load:24.6, Inflammation Score:-7, Nutrition Score:22.583913067113%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Kaempferol: 0.03mg Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 542.76kcal (27.14%), Fat: 8.26g (12.7%), Saturated Fat: 3.49g (21.78%), Carbohydrates: 83.17g (27.72%), Net Carbohydrates: 79.6g (28.94%), Sugar: 68.05g (75.61%), Cholesterol: 93.74mg (31.25%), Sodium: 1977.59mg (85.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.8g (71.6%), Vitamin B12: 3.39µg (56.45%), Zinc: 8.05mg (53.68%), Vitamin B3: 10.11mg (50.57%), Selenium: 28.39µg (40.56%), Vitamin B6: 0.8mg (39.77%), Phosphorus: 361.2mg (36.12%), Iron: 5.26mg (29.22%), Potassium: 1012.04mg (28.92%), Vitamin C: 23.09mg (27.99%), Vitamin E: 3.29mg (21.95%), Vitamin B2: 0.37mg (21.56%), Copper: 0.32mg (15.79%), Vitamin A: 729.61IU (14.59%), Fiber: 3.57g (14.3%), Magnesium: 56.31mg (14.08%), Vitamin B5: 1.23mg (12.32%), Vitamin B1: 0.16mg (10.78%), Manganese: 0.19mg (9.68%), Vitamin K: 9µg (8.57%), Folate: 28.43µg (7.11%), Calcium: 44.07mg (4.41%), Vitamin D: 0.15µg (1.01%)