



Sweet and Sour Meatballs

READY IN

ready

65 min.

SERVINGS

servings

38

CALORIES

calories

81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 ounce tomato sauce canned
- ☐ 1 cup chili sauce
- ☐ 1 large eggs beaten
- ☐ 1 tablespoon flat-leaf parsley finely chopped
- ☐ 1.5 pounds pd of ground turkey
- ☐ 38 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup brown sugar light
- ☐ 0.5 orange zest juiced
- ☐ 1 cup panko bread crumbs Japanese breadcrumbs

- ☐ 1 cup parmesan grated
- ☐ 1 cup peach preserves
- ☐ 1 pinch pepper flakes red
- ☐ 3 tablespoons red wine vinegar
- ☐ 1 tablespoon neely rub dry
- ☐ 1 shallots minced
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Mix the tomato sauce, peach preserves, chili sauce, sugar, orange zest, orange juice, red wine vinegar, Worcestershire sauce and Neely Dry Rub in a medium saucepan. Simmer while you prepare the meatballs.
- ☐ Combine the turkey, shallot, panko, Parmesan, egg, parsley, red pepper flakes, salt and pepper together in a large bowl and mix well. Shape the mixture into the size of walnuts and place in a single layer in a 13-by-9-inch casserole dish.
- ☐ Pour the sweet and sour sauce over the meatballs, cover with foil, and bake for 35 minutes.
- ☐ Remove the foil and bake 10 minutes more.
- ☐ Serve with decorative bamboo toothpicks.

Nutrition Facts



 PROTEIN **29.34%**  FAT **14.63%**  CARBS **56.03%**

Properties

Glycemic Index:5.82, Glycemic Load:3.66, Inflammation Score:-2, Nutrition Score:3.9152173736821%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 80.87kcal (4.04%), Fat: 1.32g (2.04%), Saturated Fat: 0.59g (3.72%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 10.77g (3.91%), Sugar: 7.46g (8.28%), Cholesterol: 16.53mg (5.51%), Sodium: 241.12mg (10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.95%), Vitamin B3: 2.13mg (10.65%), Vitamin B6: 0.19mg (9.64%), Selenium: 5.74µg (8.2%), Phosphorus: 74.84mg (7.48%), Calcium: 44.53mg (4.45%), Potassium: 149.12mg (4.26%), Vitamin C: 3.47mg (4.2%), Vitamin B2: 0.06mg (3.69%), Vitamin K: 3.69µg (3.52%), Iron: 0.61mg (3.36%), Zinc: 0.49mg (3.25%), Vitamin A: 159.6IU (3.19%), Manganese: 0.06mg (2.98%), Magnesium: 11.52mg (2.88%), Copper: 0.06mg (2.82%), Vitamin B1: 0.04mg (2.72%), Vitamin E: 0.4mg (2.68%), Fiber: 0.65g (2.58%), Vitamin B5: 0.25mg (2.53%), Vitamin B12: 0.14µg (2.34%), Folate: 7.54µg (1.89%)