



Sweet and Sour Meatballs

READY IN



50 min.

SERVINGS



30

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup breadcrumbs plain
- 1 eggs
- 1 lb ground beef 80% lean (at least)
- 0.3 cup milk
- 0.5 cup onion finely chopped
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 10 oz soy sauce

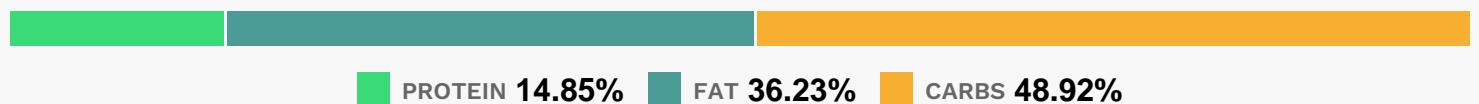
Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks
- kitchen thermometer

Directions

- Heat oven to 400F. In large bowl, mix beef, onion, bread crumbs, milk, salt, pepper and egg. Shape mixture into thirty 1-inch meatballs. In ungreased 13x9-inch pan, place meatballs.
- Bake uncovered about 15 minutes or until meatballs are no longer pink in center and thermometer inserted in center reads 160F.
- In 2-quart saucepan, mix meatballs and sweet-and-sour sauce.
- Heat to boiling over medium-high heat, stirring occasionally; reduce heat. Cover and simmer about 15 minutes, stirring occasionally, until sauce and meatballs are hot.
- Serve hot with toothpicks.

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.7121739180192%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 85.35kcal (4.27%), Fat: 3.3g (5.07%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 9.91g (3.6%), Sugar: 7.22g (8.02%), Cholesterol: 16.43mg (5.48%), Sodium: 211.35mg (9.19%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin B12: 0.35µg (5.86%), Zinc: 0.68mg (4.54%), Selenium: 3.07µg (4.39%), Vitamin B3: 0.73mg (3.63%), Phosphorus: 31.61mg (3.16%), Vitamin B6: 0.06mg (2.86%), Vitamin B2: 0.04mg (2.2%), Iron: 0.38mg (2.13%), Potassium: 52.26mg (1.49%), Vitamin B1: 0.02mg (1.4%), Vitamin B5: 0.12mg (1.16%)