



## Sweet and Sour Meatballs

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 carrots thinly sliced
- 3 tablespoons cornstarch
- 1 eggs
- 1 large bell pepper green cut into thin strips
- 1 pound ground beef
- 1 pinch ground pepper black
- 0.5 cup splenda® no calorie sweetener
- 0.3 onion separated cut into wedges and

- 4 slices pineapple fresh cut into pieces
- 1 cup pineapple juice
- 1 teaspoon salt
- 1 tablespoon soya sauce
- 1 tablespoon vegetable oil
- 6 tablespoons water
- 3 tablespoons distilled vinegar white

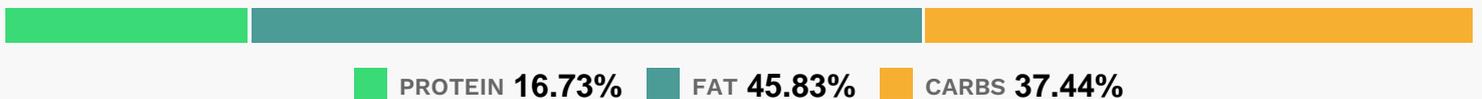
## Equipment

- bowl
- frying pan
- sauce pan
- mixing bowl

## Directions

- In a mixing bowl, combine the ground beef, egg, cornstarch, salt, diced onion and pepper. Form into 1 inch meatballs; about 2
- In a large skillet over medium heat, brown the meatballs; drain fat and set aside.
- Heat the oil in a large saucepan over low heat.
- Pour in the pineapple juice and simmer for a few minutes.
- In a small bowl, combine the 3 tablespoons of cornstarch, soy sauce, vinegar and water. Stir until smooth and pour into the pineapple juice.
- Add the SPLENDA® Granulated Sweetener and simmer until thickened, stirring constantly.
- Place the meatballs, pineapple pieces, green pepper, carrot and onion into the sauce mixture.
- Heat thoroughly.

## Nutrition Facts



## Properties

Glycemic Index:55.92, Glycemic Load:14.05, Inflammation Score:-6, Nutrition Score:14.825652132864%

## Flavonoids

Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

## Nutrients (% of daily need)

Calories: 354.87kcal (17.74%), Fat: 18.26g (28.1%), Saturated Fat: 6.4g (40.03%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 32g (11.64%), Sugar: 23.94g (26.6%), Cholesterol: 80.96mg (26.99%), Sodium: 621.66mg (27.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15g (30%), Vitamin C: 53.28mg (64.58%), Manganese: 0.8mg (39.82%), Vitamin B12: 1.68µg (28.05%), Zinc: 3.44mg (22.91%), Vitamin B6: 0.44mg (21.84%), Selenium: 13.9µg (19.85%), Vitamin B3: 3.84mg (19.21%), Phosphorus: 154.49mg (15.45%), Vitamin A: 600IU (12%), Iron: 2.09mg (11.61%), Potassium: 398.91mg (11.4%), Vitamin B2: 0.19mg (11%), Copper: 0.17mg (8.56%), Vitamin B1: 0.12mg (8.29%), Vitamin K: 8.47µg (8.07%), Folate: 30.82µg (7.7%), Magnesium: 30.41mg (7.6%), Vitamin B5: 0.69mg (6.86%), Fiber: 1.57g (6.27%), Vitamin E: 0.71mg (4.74%), Calcium: 37.01mg (3.7%), Vitamin D: 0.22µg (1.48%)