

Sweet and Sour Meatballs I

 Gluten Free  Dairy Free

READY IN



310 min.

SERVINGS



8

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 1 cup grape jelly
- 2 pounds ground beef
- 2 teaspoons juice of lemon
- 1 onion chopped
- 1 pinch salt

Equipment

- bowl

slow cooker

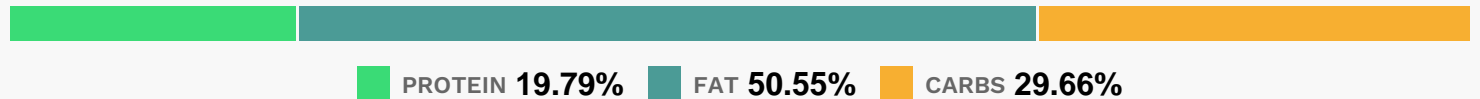
Directions

In a large bowl, combine beef, egg, onion and salt.

Mix together, then shape into little balls.

In a slow cooker combine chili sauce, lemon juice and grape jelly. Stir in meatballs and cook on high for 4 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:16.13, Inflammation Score:-1, Nutrition Score:11.073043403418%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 419.82kcal (20.99%), Fat: 23.25g (35.77%), Saturated Fat: 8.88g (55.52%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 29.99g (10.9%), Sugar: 21.25g (23.61%), Cholesterol: 100.97mg (33.66%), Sodium: 102.79mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.95%), Vitamin B12: 2.48µg (41.26%), Zinc: 4.86mg (32.4%), Selenium: 19.62µg (28.03%), Vitamin B3: 4.83mg (24.15%), Phosphorus: 202.22mg (20.22%), Vitamin B6: 0.4mg (20.06%), Iron: 2.53mg (14.08%), Vitamin B2: 0.23mg (13.48%), Potassium: 367.85mg (10.51%), Vitamin B5: 0.68mg (6.81%), Vitamin C: 5.24mg (6.35%), Copper: 0.12mg (6.06%), Magnesium: 23.09mg (5.77%), Folate: 18.06µg (4.52%), Vitamin B1: 0.06mg (4.29%), Vitamin E: 0.58mg (3.86%), Calcium: 35.23mg (3.52%), Fiber: 0.7g (2.82%), Manganese: 0.05mg (2.39%), Vitamin K: 2.11µg (2.01%), Vitamin D: 0.22µg (1.49%)