



 5%
HEALTH SCORE

Sweet and Sour Meatballs II

 Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown sugar
- 1 cup brown sugar
- 0.5 cup apple cider vinegar
- 2 tablespoons cornstarch
- 1 cup breadcrumbs dry
- 1 eggs
- 1 pound ground beef
- 0.5 cup catsup

- 1 onion chopped
- 5 servings salt and pepper to taste
- 2 tablespoons soya sauce
- 1 cup water

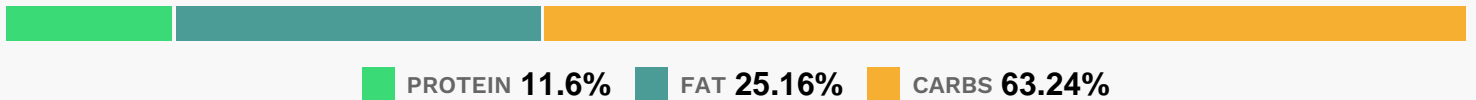
Equipment

- bowl
- frying pan

Directions

- In a large bowl, combine beef, egg, onion, bread crumbs, salt and pepper.
- Roll into meatballs about 1 to 1 1/2 inches in size.
- In a large skillet over medium heat, saute the meatballs until browned on all sides.
- In a separate medium bowl, mix together the water, vinegar, ketchup, cornstarch, sugar and soy sauce.
- Pour over the meatballs, and allow sauce to thicken. Continue to heat until the sauce just starts to bubble.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:15.06347812777%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 717.3kcal (35.86%), Fat: 20.18g (31.05%), Saturated Fat: 7.51g (46.94%), Carbohydrates: 114.11g (38.04%), Net Carbohydrates: 112.61g (40.95%), Sugar: 92.99g (103.33%), Cholesterol: 97.15mg (32.38%), Sodium: 1074.42mg (46.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.93g (41.86%), Vitamin B12: 2.1µg (34.92%),

Selenium: 23.26µg (33.23%), Vitamin B3: 6.02mg (30.12%), Zinc: 4.37mg (29.14%), Vitamin B6: 0.45mg (22.45%), Phosphorus: 224.23mg (22.42%), Iron: 3.95mg (21.93%), Manganese: 0.42mg (20.81%), Vitamin B2: 0.32mg (18.72%), Vitamin B1: 0.27mg (17.89%), Potassium: 548.87mg (15.68%), Calcium: 147.2mg (14.72%), Magnesium: 43.66mg (10.91%), Folate: 42.11µg (10.53%), Copper: 0.21mg (10.4%), Vitamin B5: 0.89mg (8.91%), Fiber: 1.5g (6.02%), Vitamin E: 0.84mg (5.58%), Vitamin K: 3.89µg (3.71%), Vitamin A: 171.08IU (3.42%), Vitamin C: 2.61mg (3.17%), Vitamin D: 0.27µg (1.78%)