

Sweet and Sour Meatballs in Sauce

READY IN



80 min.

SERVINGS



12

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups breadcrumbs
- 0.7 cup brown sugar
- 16 ounce tomato sauce canned
- 1 teaspoon chili powder
- 2 eggs
- 1.5 pounds ground beef
- 12 servings pepper black to taste
- 1 teaspoon seasoning italian
- 2 cups catsup

- 0.8 cup milk
- 0.3 cup onion finely chopped
- 2 cups water
- 0.7 cup granulated sugar white
- 1 tablespoon worcestershire sauce

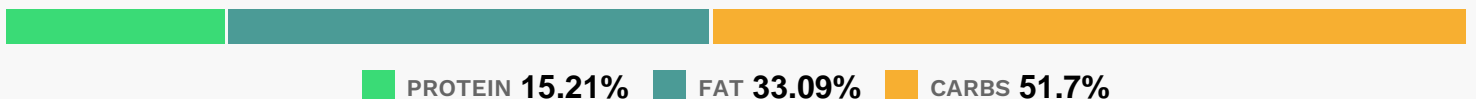
Equipment

- sauce pan
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix the ground beef, eggs, bread crumbs, onion, milk, salt, and black pepper together in a large mixing bowl until evenly combined. Form the mixture into 12 large meatballs. Arrange the meatballs into a 9x13-inch baking dish.
- Stir the ketchup, tomato sauce, water, brown sugar, white sugar, Worcestershire sauce, Italian seasoning, and chili powder together in a saucepan over medium heat; cook and stir until well combined and hot, about 5 minutes.
- Pour the tomato sauce mixture over the meatballs in the baking dish. Turn the meatballs to coat in the sauce.
- Bake in the preheated oven until the meatballs are cooked through and no longer pink in the center, 60 to 90 minutes.

Nutrition Facts



Properties

Glycemic Index:18.09, Glycemic Load:8.76, Inflammation Score:-4, Nutrition Score:11.699999923291%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 359.26kcal (17.96%), Fat: 13.47g (20.72%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 47.35g (15.78%), Net Carbohydrates: 45.85g (16.67%), Sugar: 34.71g (38.57%), Cholesterol: 69.37mg (23.12%), Sodium: 721.84mg (31.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.86%), Vitamin B12: 1.41µg (23.47%), Selenium: 15.24µg (21.77%), Vitamin B3: 4.32mg (21.58%), Zinc: 2.9mg (19.36%), Vitamin B2: 0.29mg (17.14%), Vitamin B6: 0.34mg (16.8%), Phosphorus: 165.6mg (16.56%), Iron: 2.66mg (14.76%), Potassium: 476.56mg (13.62%), Manganese: 0.25mg (12.45%), Vitamin B1: 0.18mg (12.21%), Vitamin E: 1.55mg (10.35%), Vitamin A: 487.16IU (9.74%), Copper: 0.17mg (8.65%), Calcium: 86.44mg (8.64%), Magnesium: 31.9mg (7.98%), Folate: 30.19µg (7.55%), Vitamin B5: 0.69mg (6.89%), Fiber: 1.51g (6.02%), Vitamin C: 4.72mg (5.72%), Vitamin K: 5.64µg (5.37%), Vitamin D: 0.37µg (2.47%)