



Sweet and Sour Meatballs IV

 Dairy Free

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 teaspoons beef bouillon granules divided
- ☐ 3 tablespoons brown sugar packed
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup bread crumbs dry
- ☐ 1 eggs
- ☐ 1 teaspoon ginger root fresh grated
- ☐ 1 bell pepper green chopped
- ☐ 1.5 pounds ground beef lean

- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.8 cup onion minced
- ☐ 20 ounce pineapple chunks with juice reserved drained canned
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup water boiling

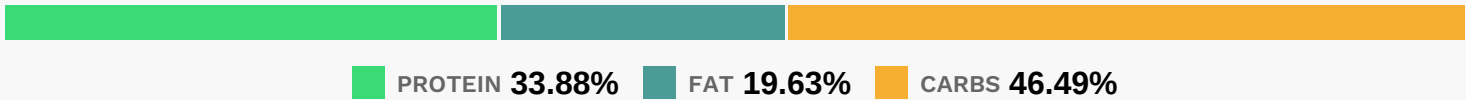
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a small saucepan, dissolve 2 teaspoons of the bouillon granules in 1/4 cup boiling water. In a large bowl, combine ground beef, bread crumbs, onion, and egg.
- ☐ Mix in the dissolved bouillon. Shape into meatballs, about 1 to 2 inches in diameter.
- ☐ In a large saucepan over medium heat, brown the meatballs on all sides. In a small bowl, combine 1/4 cup of the reserved pineapple juice, lemon juice, brown sugar, soy sauce, remaining beef bouillon granules, and ginger.
- ☐ Pour into the pan with meatballs. Cover, and simmer for 25 minutes.
- ☐ In a small bowl, combine remaining pineapple juice and cornstarch. Stir into meatball mixture, and simmer until thickened.
- ☐ Add green pepper and pineapple chunks; heat thoroughly.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:19.447391499644%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 348.25kcal (17.41%), Fat: 7.59g (11.67%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 37.58g (13.67%), Sugar: 22.45g (24.95%), Cholesterol: 97.65mg (32.55%), Sodium: 957.11mg (41.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.46g (58.93%), Vitamin B12: 2.69µg (44.75%), Zinc: 6.32mg (42.16%), Vitamin B3: 8.13mg (40.65%), Selenium: 27.67µg (39.52%), Vitamin C: 31.57mg (38.27%), Vitamin B6: 0.64mg (32.13%), Phosphorus: 298.46mg (29.85%), Iron: 4.32mg (23.99%), Vitamin B1: 0.35mg (23.37%), Vitamin B2: 0.33mg (19.69%), Potassium: 661.69mg (18.91%), Magnesium: 56.63mg (14.16%), Copper: 0.28mg (13.86%), Manganese: 0.27mg (13.64%), Fiber: 2.84g (11.34%), Folate: 43.31µg (10.83%), Vitamin B5: 1.04mg (10.38%), Calcium: 77.35mg (7.74%), Vitamin K: 3.76µg (3.58%), Vitamin E: 0.53mg (3.51%), Vitamin A: 161.46IU (3.23%), Vitamin D: 0.26µg (1.73%)