



Sweet and Sour Meatballs V

READY IN



90 min.

SERVINGS



8

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs fresh
- 24 ounce chile sauce
- 1 eggs
- 1 cup grape jelly
- 2 pounds ground beef
- 8 servings ground pepper black to taste
- 1 cup milk
- 0.3 cup onion finely chopped
- 1 teaspoon salt

1 cup cup heavy whipping cream sour

0.5 cup water

Equipment

sauce pan

mixing bowl

Directions

In a mixing bowl, combine the milk and bread crumbs.

Add ground beef, onion, egg, salt and pepper.

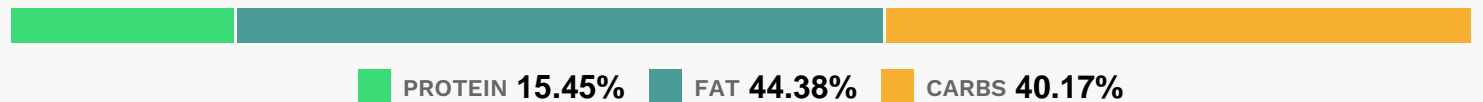
Mix thoroughly and form into 1 inch balls.

In a large saucepan, combine chili sauce, grape jelly and water; bring to a simmer. Gently drop the meatballs into the chili sauce mixture and simmer for about 1 hour. Occasionally skim off excess fat, as necessary.

Stir in sour cream just before serving.

Remove from heat before sour cream comes to a boil.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:16.54, Inflammation Score:-3, Nutrition Score:15.613478111184%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 644.17kcal (32.21%), Fat: 30.51g (46.94%), Saturated Fat: 12.52g (78.22%), Carbohydrates: 62.14g (20.71%), Net Carbohydrates: 57.49g (20.9%), Sugar: 38.95g (43.28%), Cholesterol: 121.6mg (40.53%), Sodium: 4686.86mg (203.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.91g (47.82%), Vitamin B12: 2.75µg (45.8%), Selenium: 24.63µg (35.19%), Zinc: 5.27mg (35.11%), Vitamin B3: 5.78mg (28.88%), Phosphorus: 275.16mg (27.52%), Vitamin B6: 0.44mg (21.96%), Vitamin B2: 0.37mg (21.88%), Fiber: 4.66g (18.63%), Iron: 3.2mg (17.79%), Vitamin B1:

0.21mg (14.29%), Potassium: 465.76mg (13.31%), Calcium: 125.85mg (12.58%), Vitamin B5: 0.96mg (9.57%),
Manganese: 0.18mg (9.02%), Magnesium: 34.97mg (8.74%), Folate: 32.65µg (8.16%), Copper: 0.16mg (8.1%),
Vitamin C: 4.49mg (5.44%), Vitamin A: 258.9IU (5.18%), Vitamin E: 0.71mg (4.74%), Vitamin D: 0.56µg (3.73%),
Vitamin K: 3.66µg (3.49%)