



Sweet & Sour Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup beef broth
- ☐ 8 ounces water chestnuts drained finely chopped canned
- ☐ 0.5 cup chili sauce
- ☐ 1 tablespoon cider vinegar
- ☐ 1 tablespoon corn oil mazola®
- ☐ 0.8 cup plus dark light karo®
- ☐ 0.3 cup bread crumbs dry
- ☐ 1 eggs

- ☐ 0.3 cup green onions finely chopped
- ☐ 1 teaspoon ground ginger spice islands®
- ☐ 1 pound ground pork lean
- ☐ 0.5 teaspoon salt

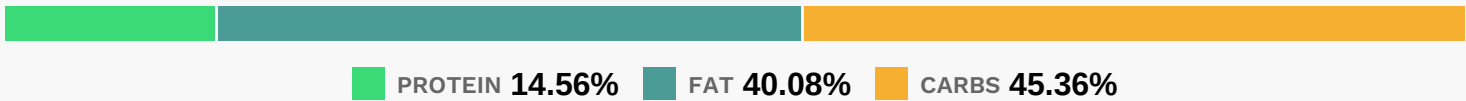
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ For Meatballs: MIX pork, water chestnuts, egg, bread crumbs and salt in a medium bowl. SHAPE into 1-inch meatballs; set aside. For Sauce: COOK green onions in oil in large skillet, stirring frequently, for 1 to 2 minutes. Blend in broth, corn syrup, chili sauce, vinegar and ginger.
- ☐ Add meatballs; bring to boil. Reduce heat to medium. SIMMER 15 minutes.
- ☐ Remove meatballs with slotted spoon. Increase heat to medium-high; gently boil sauce 6 to 9 minutes or until thickened. POUR sauce over meatballs.
- ☐ Serve with cocktail picks.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:5.97, Inflammation Score:-1, Nutrition Score:2.590869569908%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 86.16kcal (4.31%), Fat: 3.91g (6.02%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 9.47g (3.44%), Sugar: 7.61g (8.46%), Cholesterol: 16.34mg (5.45%), Sodium: 153.2mg (6.66%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Vitamin B1: 0.13mg (8.65%), Selenium: 4.93µg (7.05%), Vitamin B3: 0.91mg (4.53%), Vitamin B6: 0.09mg (4.51%), Phosphorus: 38.07mg (3.81%), Vitamin B2: 0.06mg (3.28%), Manganese: 0.06mg (2.95%), Zinc: 0.43mg (2.87%), Potassium: 88.7mg (2.53%), Iron: 0.42mg (2.35%), Vitamin K: 2.27µg (2.16%), Vitamin B12: 0.13µg (2.11%), Fiber: 0.49g (1.96%), Copper: 0.03mg (1.71%), Vitamin E: 0.24mg (1.58%), Vitamin B5: 0.15mg (1.51%), Magnesium: 5.84mg (1.46%), Vitamin C: 1.14mg (1.38%), Folate: 4.47µg (1.12%)