

# Teriyaki Meatball Appetizers

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds ground beef lean
- 2 tablespoons onion minced
- 1 cup panko bread crumbs
- 0.3 cup teriyaki sauce

## Equipment

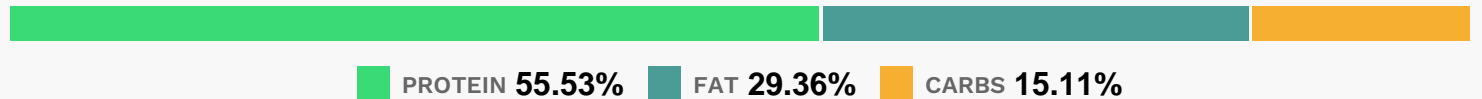
- bowl
- baking sheet
- oven

baking pan

## Directions

- Combine onion, Teriyaki sauce, Panko and ground beef in a large bowl and mix well. Shape into small meatballs, about 1 inch in diameter.
- Place on an ungreased nonstick baking sheet or shallow baking pan.
- Bake at 325 degrees F. 20 minutes. Toss with additional Teriyaki Baste & Glaze before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.25, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:8.2717392535313%

## Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 129.33kcal (6.47%), Fat: 4.05g (6.23%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 4.43g (1.61%), Sugar: 1.23g (1.36%), Cholesterol: 46.87mg (15.62%), Sodium: 316.36mg (13.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.45%), Vitamin B12: 1.71µg (28.52%), Zinc: 3.93mg (26.2%), Vitamin B3: 4.56mg (22.82%), Selenium: 14.49µg (20.7%), Phosphorus: 167.66mg (16.77%), Vitamin B6: 0.31mg (15.52%), Iron: 2.15mg (11.92%), Vitamin B2: 0.15mg (8.62%), Potassium: 287.3mg (8.21%), Magnesium: 22.61mg (5.65%), Vitamin B1: 0.08mg (5.46%), Vitamin B5: 0.53mg (5.27%), Copper: 0.08mg (3.88%), Manganese: 0.06mg (2.78%), Folate: 9.93µg (2.48%), Calcium: 17.84mg (1.78%), Vitamin E: 0.22mg (1.44%), Fiber: 0.26g (1.04%)