



## Teriyaki Meatball Appetizers

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



130 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 pounds ground beef lean
- ☐ 2 tablespoons onion minced
- ☐ 1 cup kikkoman panko bread crumbs
- ☐ 12 servings kikkoman teriyaki baste & glaze
- ☐ 0.3 cup kikkoman teriyaki marinade & sauce

### Equipment

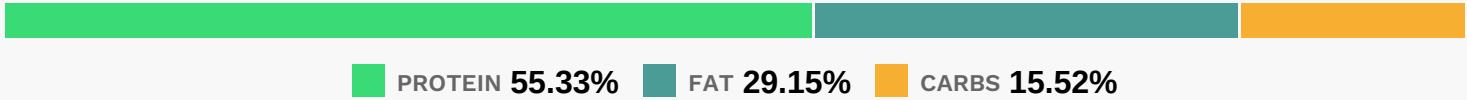
- ☐ bowl
- ☐ baking sheet

- ☐ 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:8.3047826173513%

## 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: 130.22kcal (6.51%), Fat: 4.05g (6.23%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.59g (1.67%), Sugar: 1.37g (1.52%), Cholesterol: 46.87mg (15.62%), Sodium: 354.66mg (15.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.57%), Vitamin B12: 1.71µg (28.52%), Zinc: 3.93mg (26.2%), Vitamin B3: 4.58mg (22.88%), Selenium: 14.5µg (20.71%), Phosphorus: 169.2mg (16.92%), Vitamin B6: 0.31mg (15.57%), Iron: 2.16mg (12.02%), Vitamin B2: 0.15mg (8.66%), Potassium: 289.55mg (8.27%), Magnesium: 23.22mg (5.8%), Vitamin B1: 0.08mg (5.48%), Vitamin B5: 0.53mg (5.29%), Copper: 0.08mg (3.93%), Manganese: 0.06mg (2.78%), Folate: 10.01µg (2.5%), Calcium: 18.09mg (1.81%), Vitamin E: 0.22mg (1.44%), Fiber: 0.26g (1.04%)