



The Best Sweet and Sour Meatballs

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup bread crumbs dry
- ☐ 1 eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 pound ground beef
- ☐ 1 onion diced
- ☐ 3 tablespoons soya sauce
- ☐ 1.5 cups water

☐ 0.3 cup distilled vinegar white

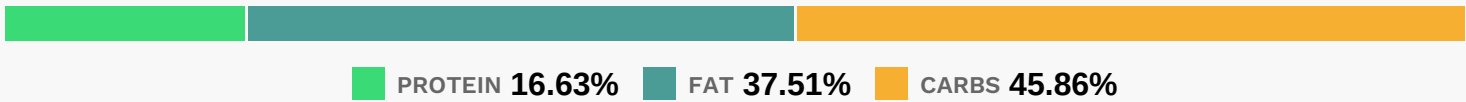
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium bowl, combine the ground beef, egg, bread crumbs and onion.
- ☐ Mix thoroughly and shape into golf ball-sized balls.
- ☐ In a large skillet over medium heat, gently brown the meatballs and set aside.
- ☐ In a large saucepan, combine the brown sugar, flour, water, white vinegar and soy sauce.
- ☐ Mix thoroughly.
- ☐ Add meatballs and bring to a boil. Reduce heat and simmer, stirring often, for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:3.77, Inflammation Score:-3, Nutrition Score:14.507391318031%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 581.87kcal (29.09%), Fat: 24.18g (37.2%), Saturated Fat: 9.15g (57.18%), Carbohydrates: 66.51g (22.17%), Net Carbohydrates: 65.48g (23.81%), Sugar: 55.23g (61.36%), Cholesterol: 121.43mg (40.48%), Sodium: 916.48mg (39.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.25%), Vitamin B12: 2.55µg (42.47%), Selenium: 24.98µg (35.69%), Zinc: 5.15mg (34.34%), Vitamin B3: 6.21mg (31.04%), Phosphorus: 246.52mg (24.65%), Vitamin B6: 0.48mg (23.91%), Iron: 3.75mg (20.85%), Vitamin B2: 0.3mg (17.71%), Potassium: 482.84mg (13.8%), Manganese: 0.26mg (13.08%), Vitamin B1: 0.18mg (12.21%), Calcium: 98.06mg (9.81%), Magnesium: 38.88mg

(9.72%), Folate: 38.83µg (9.71%), Vitamin B5: 0.96mg (9.57%), Copper: 0.17mg (8.62%), Fiber: 1.03g (4.12%), Vitamin E: 0.59mg (3.96%), Vitamin K: 2.65µg (2.52%), Vitamin C: 2.04mg (2.47%), Vitamin D: 0.33µg (2.22%), Vitamin A: 59.95IU (1.2%)