



Tiffany's Tips for Sweet & Spicy Meatballs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon garlic salt
- ☐ 10 ounce sauce sweet sour
- ☐ 2 pounds meatballs frozen thawed cooked
- ☐ 20 ounce pineapple chunks drained canned
- ☐ 1 medium bell pepper red cubed
- ☐ 0.5 teaspoon pepper flakes red crushed to taste

Equipment

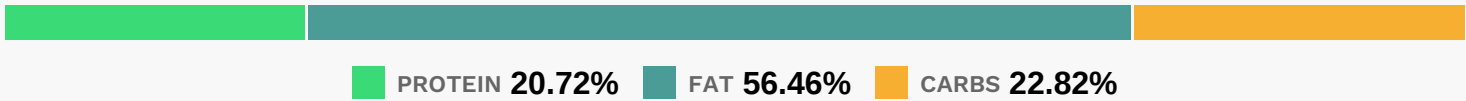
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F. Line a 15x10x1-inch baking pan with Reynolds Wrap® Heavy Duty Aluminum Foil; set aside.
- ☐ Combine sweet and sour sauce, garlic salt and red pepper flakes in a large bowl.
- ☐ Add meatballs, bell pepper and pineapple. Stir to coat evenly. Arrange in even layer in foil-lined pan.
- ☐ Bake 25 minutes or until meatballs are hot; stirring once during baking. Spoon sauce over meatballs.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:18.884782646013%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 517.62kcal (25.88%), Fat: 32.27g (49.65%), Saturated Fat: 11.92g (74.52%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 27.65g (10.06%), Sugar: 25.24g (28.04%), Cholesterol: 108.86mg (36.29%), Sodium: 1043.71mg (45.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.65g (53.3%), Vitamin B1: 1.21mg (80.95%), Selenium: 37.63µg (53.75%), Vitamin C: 35.33mg (42.82%), Vitamin B6: 0.71mg (35.56%), Vitamin B3: 7.04mg (35.2%), Phosphorus: 276.87mg (27.69%), Zinc: 3.48mg (23.19%), Vitamin B2: 0.39mg (23.15%), Vitamin B12: 1.06µg (17.64%), Potassium: 596.29mg (17.04%), Vitamin A: 728.23IU (14.56%), Magnesium: 45.54mg (11.39%), Vitamin B5: 1.07mg (10.74%), Iron: 1.71mg (9.51%), Copper: 0.17mg (8.72%), Fiber: 1.7g (6.81%), Folate: 21.45µg (5.36%), Calcium: 38.47mg (3.85%), Vitamin E: 0.4mg (2.64%), Manganese: 0.04mg (2.06%), Vitamin K: 1.81µg (1.72%)