

Vegetarian Sweet and Sour Meatballs

 Vegetarian

READY IN



55 min.

SERVINGS



5

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup apricot preserves
- ☐ 0.5 cup curd cottage cheese
- ☐ 1 teaspoon basil dried
- ☐ 0.3 teaspoon sage dried
- ☐ 4 eggs
- ☐ 2 cups seasoned bread crumbs italian
- ☐ 1 cup catsup
- ☐ 0.3 cup onion minced

- ☐ 0.5 cup onion finely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup pecans finely chopped
- ☐ 1 dash pepper sauce hot
- ☐ 1.5 teaspoons salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup vinegar white

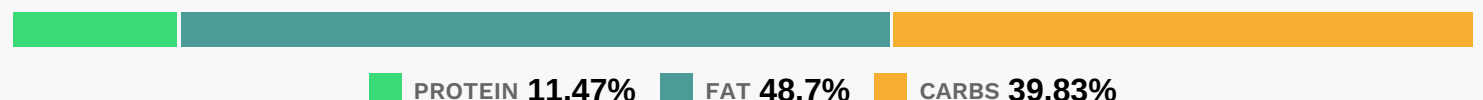
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, mix together the eggs, Cheddar cheese, and cottage cheese until well blended.
- ☐ Mix in 1/2 cup onion, pecans, basil, salt and sage. Stir in bread crumbs. Form the mixture into 2 inch balls, and place them in a 9x13 inch baking dish.
- ☐ In another bowl, whisk together the vegetable oil, vinegar, apricot jam, ketchup, 1/4 cup onion, oregano and hot pepper sauce.
- ☐ Pour over meatballs.
- ☐ Bake uncovered for 35 to 40 minutes in the preheated oven, until meatballs are firm, and sauce is thick and bubbly.

Nutrition Facts



Properties

Glycemic Index:34.6, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:25.679999931999%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg 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: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 741.76kcal (37.09%), Fat: 41.33g (63.58%), Saturated Fat: 9.51g (59.44%), Carbohydrates: 76.05g (25.35%), Net Carbohydrates: 70.7g (25.71%), Sugar: 31.05g (34.51%), Cholesterol: 157.59mg (52.53%), Sodium: 2054.41mg (89.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.91g (43.82%), Manganese: 1.61mg (80.35%), Vitamin K: 51.07µg (48.64%), Selenium: 33.18µg (47.4%), Vitamin B1: 0.65mg (43.25%), Phosphorus: 374.1mg (37.41%), Vitamin B2: 0.62mg (36.52%), Calcium: 331.51mg (33.15%), Copper: 0.51mg (25.57%), Folate: 96.54µg (24.14%), Iron: 4.31mg (23.96%), Zinc: 3.21mg (21.42%), Fiber: 5.35g (21.4%), Vitamin B3: 4.03mg (20.13%), Magnesium: 73.19mg (18.3%), Vitamin E: 2.72mg (18.16%), Vitamin A: 878.87IU (17.58%), Vitamin B6: 0.33mg (16.59%), Potassium: 496.11mg (14.17%), Vitamin B12: 0.81µg (13.52%), Vitamin B5: 1.3mg (13.02%), Vitamin C: 8.43mg (10.22%), Vitamin D: 0.86µg (5.74%)