

Waikiki Meatballs

READY IN



45 min.

SERVINGS



6

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar packed
- 2 tablespoons cornstarch
- 0.7 cup saltine cracker crumbs crushed
- 1 eggs
- 0.3 cup bell pepper green chopped
- 1.5 pounds ground beef
- 1.5 teaspoons ground ginger
- 0.3 cup milk
- 1 tablespoon olive oil

- 0.3 cup onion minced
- 15 ounce pineapple chunks with juice reserved drained canned
- 0.5 teaspoon salt
- 1 tablespoon soya sauce
- 0.3 cup vinegar white

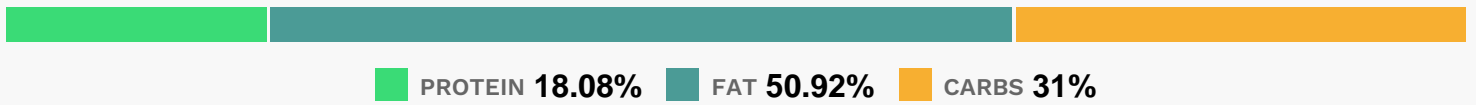
Equipment

- bowl
- frying pan

Directions

- In a large bowl, combine ground beef, cracker crumbs, onion, egg, milk, ginger and salt. Shape mixture by rounded tablespoonfuls into meatballs.
- Heat olive oil in a large skillet over medium heat.
- Place meatballs in skillet and cook until evenly brown, and meat is no longer pink.
- Drain excess fat.
- In a small bowl, combine the cornstarch, brown sugar, reserved pineapple juice, vinegar and soy sauce.
- Mix until smooth, then pour into the skillet with meatballs. Cook, stirring constantly, until mixture thickens and boils, about 5 minutes. Stir in the green pepper and pineapple chunks.
- Heat through.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:14.685217370158%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg, Kaempferol: 0.06mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 491.63kcal (24.58%), Fat: 27.71g (42.63%), Saturated Fat: 9.83g (61.45%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 36.47g (13.26%), Sugar: 29.6g (32.89%), Cholesterol: 109.01mg (36.34%), Sodium: 517.57mg (22.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.13g (44.26%), Vitamin B12: 2.55µg (42.45%), Zinc: 5.05mg (33.69%), Selenium: 20.76µg (29.65%), Vitamin B3: 5.57mg (27.86%), Vitamin B6: 0.49mg (24.4%), Phosphorus: 237.74mg (23.77%), Iron: 3.2mg (17.8%), Vitamin C: 13.98mg (16.94%), Vitamin B2: 0.26mg (15.18%), Potassium: 492.6mg (14.07%), Manganese: 0.27mg (13.71%), Vitamin B1: 0.17mg (11.33%), Magnesium: 39.14mg (9.78%), Copper: 0.19mg (9.25%), Vitamin B5: 0.8mg (8.01%), Calcium: 78.94mg (7.89%), Vitamin E: 1.16mg (7.75%), Vitamin K: 7.98µg (7.6%), Fiber: 1.49g (5.94%), Folate: 23.03µg (5.76%), Vitamin D: 0.37µg (2.48%), Vitamin A: 122.46IU (2.45%)