



Zippy BBQ Meatballs

READY IN



155 min.

SERVINGS



84

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 oz hickory smoke barbecue sauce kraft
- 1 cup bread crumbs fresh
- 1 eggs
- 1 lb extra-lean ground beef
- 2 Tbsp cilantro leaves fresh chopped
- 1 lb ground pork
- 0.5 cup milk
- 1 small onion finely chopped
- 1 jalapeño pepper seeded finely chopped

3 Tbsp a.1. rub bold original dry

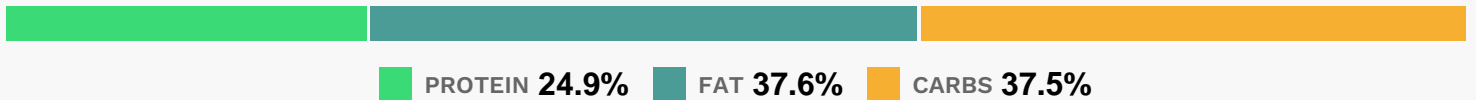
Equipment

- bowl
- baking sheet
- oven
- slow cooker

Directions

- Heat oven to 375F.
- Mix bread crumbs and milk in large bowl; let stand 5 min.
- Add all remaining ingredients except barbecue sauce; mix just until blended. Shape into 84 (1-inch) balls.
- Place on rimmed baking sheet sprayed with cooking spray.
- Bake 20 min. or until done (160F).
- Transfer to slow cooker.
- Add barbecue sauce; cover with lid. Cook on LOW 2 to 4 hours (or on HIGH 1 to 2 hours).

Nutrition Facts



Properties

Glycemic Index:1.54, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.6243478364271%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 39.55kcal (1.98%), Fat: 1.63g (2.51%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.51g (1.28%), Sugar: 2.21g (2.45%), Cholesterol: 9.36mg (3.12%), Sodium: 79.95mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Selenium: 2.87µg (4.11%), Vitamin B1: 0.06mg (3.82%),

Vitamin B3: 0.66mg (3.3%), Zinc: 0.44mg (2.94%), Vitamin B12: 0.18µg (2.93%), Phosphorus: 26.49mg (2.65%),
Vitamin B6: 0.05mg (2.63%), Vitamin B2: 0.03mg (2.05%), Iron: 0.34mg (1.89%), Manganese: 0.03mg (1.66%),
Potassium: 56.1mg (1.6%), Vitamin K: 1.42µg (1.35%), Magnesium: 4.22mg (1.05%), Vitamin B5: 0.1mg (1.02%)