

Appetizer Meatballs

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Servings: 22

1 jar (12 ounce) grape jelly

1 bottle (12 ounce) barbecue sauce

OR chili sauce

1 package (14 ounce) frozen bite-size meatballs, thawed

Preparation Time: 5 minutes

In a large saucepan over medium heat, combine the jelly and the barbecue sauce. Bring to a simmer, stirring occasionally.

Stir in the meatballs. Cook, stirring occasionally, until the meatballs are heated through, 5 to 6 minutes.

Serve warm with cocktail picks. (The meatballs may be served in a slow cooker set to low heat.)

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 2 Calories; trace Fat (0.2% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.3%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	trace
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0

Sodium (mg): trace
Potassium (mg): 1mg
Calcium (mg): trace
Iron (mg): trace
Zinc (mg): 0mg
Vitamin C (mg): trace
Vitamin A (i.u.): trace
Vitamin A (r.e.): 0RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 22

Amount Per Serving

Calories 2 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat 0g	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	1g	0%
	Dietary Fiber trace	0%
Protein	trace	

Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.