

Apricot-Glazed Ham Meatballs

What's Cooking II
Northj American Institute of Modern Cuisine

Servings: 24

1 pound ground ham
2 eggs
1 cup corn flakes, crumbled
2 tablespoons onion, finely chopped
1 teaspoon parsley
pinch seasoning salt
3/4 teaspoon mustard
1/2 cup commercial barbecue sauce
1 cup apricot jam

Preheat the oven to 350 degrees.

In a bowl, mix the ham, eggs, corn flakes, onion, parsley, seasoning salt and mustard. Shape into one-inch balls.

Transfer to a buttered roasting pan. Lightly brown in the oven for 15 minutes.

Meanwhile, blend the barbecue sauce and apricot jam. Set aside.

Remove the meatballs from the oven. Coat with the sauce. Continue cooking for 5 to 10 minutes.

Serve the meatballs with individual toothpicks.

Per Serving (excluding unknown items): 43 Calories; trace Fat (9.0% calories from fat); 1g Protein; 10g Carbohydrate; trace Dietary Fiber; 18mg Cholesterol; 26mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	43	Vitamin B6 (mg):	trace
% Calories from Fat:	9.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	84.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	11mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	18mg
Carbohydrate (g):	10g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	26mg
Potassium (mg):	19mg
Calcium (mg):	5mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	80IU
Vitamin A (r.e.):	17 1/2RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 43 Calories from Fat: 4

% Daily Values*

Total Fat trace	1%
Saturated Fat trace	1%
Cholesterol 18mg	6%
Sodium 26mg	1%
Total Carbohydrates 10g	3%
Dietary Fiber trace	1%
Protein 1g	
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Vitamin A	2%
Vitamin C	3%
Calcium	1%
Iron	3%

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