

Brown-Sugar Glazed Meatballs

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**Yield: 3 1/2 dozen
meatballs**

MEATBALLS

*3/4 pound uncooked small shrimp,
peeled, deveined and chopped*
1/2 cup soft bread crumbs
4 strips bacon, finely chopped
1 egg, lightly beaten
1 tablespoon stone-ground mustard
*1 1/2 teaspoons liquid smoke
(optional)*
1 1/2 teaspoons smoked paprika
1 teaspoon salt
1 clove garlic, minced
3/4 teaspoon dried oregano
1/2 to one teaspoon hot pepper sauce
1/2 teaspoon onion powder
1 pound ground pork
GLAZE
1/2 cup packed brown sugar
1/4 cup cider vinegar
4 teaspoons stone-ground mustard

Preparation Time: 35 minutes

Bake: 15 minutes

Preheat the oven to 350 degrees.

In a large bowl, combine the shrimp, bread crumbs, bacon, egg, mustard, liquid smoke (if desired), paprika, salt, garlic, oregano, hot pepper sauce and onion powder. Add the pork; mix lightly but thoroughly. With wet hands, shape the mixture into one-inch balls.

Place the meatballs on a greased rack in a shallow baking pan.

Bake for 14 to 17 minutes or until the meatballs are cooked through. Drain them on paper towels.

Meanwhile, in a skillet, mix the glaze ingredients. Add the meatballs. Cook over medium heat for 8 to 10 minutes or until the meatballs are glazed and heated through, stirring occasionally.

Per Serving (excluding unknown items): 1908 Calories; 115g Fat (54.2% calories from fat); 93g Protein; 125g Carbohydrate; 1g Dietary Fiber; 561mg Cholesterol; 3211mg Sodium. Exchanges: 1 Grain(Starch); 12 1/2 Lean Meat; 0 Vegetable; 15 Fat; 7 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1908	Vitamin B6 (mg):	1.9mg
% Calories from Fat:	54.2%	Vitamin B12 (mcg):	4.3mcg

% Calories from Carbohydrates:	26.3%
% Calories from Protein:	19.5%
Total Fat (g):	115g
Saturated Fat (g):	42g
Monounsaturated Fat (g):	51g
Polyunsaturated Fat (g):	11g
Cholesterol (mg):	561mg
Carbohydrate (g):	125g
Dietary Fiber (g):	1g
Protein (g):	93g
Sodium (mg):	3211mg
Potassium (mg):	2011mg
Calcium (mg):	256mg
Iron (mg):	9mg
Zinc (mg):	12mg
Vitamin C (mg):	19mg
Vitamin A (i.u.):	375IU
Vitamin A (r.e.):	89RE

Thiamin B1 (mg):	3.6mg
Riboflavin B2 (mg):	1.4mg
Folacin (mcg):	62mcg
Niacin (mg):	23mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	12 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	15
Other Carbohydrates:	7 1/2

Nutrition Facts

Amount Per Serving

Calories	1908	Calories from Fat:	1034
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% Daily Values*

Total Fat	115g	176%
Saturated Fat	42g	209%
Cholesterol	561mg	187%
Sodium	3211mg	134%
Total Carbohydrates	125g	42%
Dietary Fiber	1g	5%
Protein	93g	
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Vitamin A		7%
Vitamin C		31%
Calcium		26%
Iron		50%

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