

Burgundy Meat Balls

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 8

3/4 pound lean ground chuck
3/4 cup bread or corn flake crumbs
1 small onion, minced
1 egg, beaten
1/2 cup light cream
1 1/4 teaspoons salt
1/4 cup salad oil
3 tablespoons flour
2 cups consomme'
1 cup Burgundy or other dry red wine
1/8 teaspoon pepper
1/2 teaspoon sugar
Kitchen Bouquet

Preheat the oven to 350 degrees.

In a bowl, mix the meat, crumbs, onion, egg, cream and 3/4 teaspoon of salt. Shape into small balls. (If the meat balls seem too soft as you shape them, either add more crumbs or roll them in flour.)

In a heavy skillet, brown the meat balls in hot oil. Don't crowd the skillet. Transfer the meat balls to a medium casserole as they are ready.

Stir the flour into the fat left in the skillet. Blend in the consomme', wine, 1/2 teaspoon salt, pepper, sugar and just enough Kitchen Bouquet to give the sauce a good color. Cook until smooth, stirring constantly.

Pour the sauce over the meat balls in the casserole.

Bake for 30 minutes. Stit two or three times.

Per Serving (excluding unknown items): 116 Calories; 10g Fat (79.7% calories from fat); 2g Protein; 4g Carbohydrate; trace Dietary Fiber; 36mg Cholesterol; 348mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	116	Vitamin B6 (mg):	trace
% Calories from Fat:	79.7%	Vitamin B12 (mcg):	.1mcg

% Calories from Carbohydrates:	14.7%
% Calories from Protein:	5.6%
Total Fat (g):	10g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	36mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	348mg
Potassium (mg):	52mg
Calcium (mg):	23mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	139IU
Vitamin A (r.e.):	36RE

Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 116	Calories from Fat: 92
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% Daily Values*

Total Fat 10g	16%
Saturated Fat 3g	14%
Cholesterol 36mg	12%
Sodium 348mg	15%
Total Carbohydrates 4g	1%
Dietary Fiber trace	1%
Protein 2g	
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Vitamin A	3%
Vitamin C	2%
Calcium	2%
Iron	2%

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