

# Chinese Meatballs

*Norma Ziewgler - Huntsville, AL  
Southern Living - 1987 Annual Recipes*

## Servings: 6

*1 pound ground beef  
2 eggs, beaten  
3/4 cup celery, minced  
1/2 cup toasted almonds, ground  
1/3 cup breadcrumbs  
1 clove garlic, crushed  
1 tablespoon soy sauce  
1/2 teaspoon salt  
1/3 cup cornstarch  
2 tablespoons vegetable oil  
1 can (15-1/4 ounce) pineapple  
chunks in juice, undrained  
1/2 cup sugar  
3 tablespoons cornstarch  
1 cup chicken broth  
1/2 cup vinegar  
2 tablespoons soy sauce  
1 medium green pepper, cut into thin  
strips  
hot cooked rice*

Preheat the oven to 350 degrees.

In a bowl, combine the beef, eggs, celery, almonds, breadcrumbs, garlic, soy sauce and salt. Shape into one-inch balls. Dredge in 1/3 cup of the cornstarch.

Pour oil into a 13x9x2-inch pan. Add the meatballs. Bake for 35 to 40 minutes. Drain and set aside.

Drain the pineapple, reserving 1/2 cup of the juice. Set the pineapple aside.

In a large saucepan, combine the sugar and three tablespoons of cornstarch. Mix well.

In a bowl, combine the chicken broth, reserved pineapple juice, vinegar and two tablespoons of soy sauce. Gradually add to the sugar mixture.

Cook over medium heat, stirring constantly, until thickened and smooth.

Add the meatballs, pineapple and green pepper. Stir gently.

Cook over medium heat, stirring often, until thoroughly heated.

Serve over rice.

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Per Serving (excluding unknown items): 453 Calories; 27g Fat (52.6% calories from fat); 16g Protein; 37g Carbohydrate; 1g Dietary Fiber; 135mg Cholesterol; 909mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 Fat; 1 Other Carbohydrates.

Beef

**Per Serving Nutritional Analysis**

Calories (kcal):	453
% Calories from Fat:	52.6%
% Calories from Carbohydrates:	32.9%
% Calories from Protein:	14.5%
Total Fat (g):	27g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	135mg
Carbohydrate (g):	37g
Dietary Fiber (g):	1g
Protein (g):	16g
Sodium (mg):	909mg
Potassium (mg):	397mg
Calcium (mg):	35mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	23mg
Vitamin A (i.u.):	243IU
Vitamin A (r.e.):	39 1/2RE

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	2.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	26mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

**Food Exchanges**

Grain (Starch):	1/2
Lean Meat:	2
Vegetable:	1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	1

**Nutrition Facts**

Servings per Recipe: 6

**Amount Per Serving**

Calories 453                      Calories from Fat: 239

**% Daily Values\***

<b>Total Fat</b> 27g	41%
Saturated Fat 9g	46%
<b>Cholesterol</b> 135mg	45%
<b>Sodium</b> 909mg	38%
<b>Total Carbohydrates</b> 37g	12%
Dietary Fiber 1g	4%
<b>Protein</b> 16g	
<b>Vitamin A</b>	5%
<b>Vitamin C</b>	38%
<b>Calcium</b>	4%
<b>Iron</b>	13%

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