

Chipotle Cranberry Meatballs

Publix Aprons
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Servings: 24

1 pound Ready-To-Cook Bacon & Cheddar Meatballs (or any flavor)
2 tablespoons canola oil
1 package (8 ounce) deli cranberry-orange relish (if available) (see note)
2 tablespoons Tabasco Chipotle pepper sauce
1/2 cup green onions, pre-sliced

Prepare the meatballs following package instructions for the skillet (using the oil).

In a bowl, combine the relish, pepper sauce and onions.

Drain any extra fat from the meatballs, if needed. Reduce the heat to low.

Stir in the cranberry mixture. Cook for 1 to 2 minutes, stirring often, or until thoroughly heated. Serve.

Start to Finish Time: 30 minutes

This is a seasonal item. You can also use canned whole-berry cranberry sauce.

Per Serving (excluding unknown items): 11 Calories; 1g Fat (93.3% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Vegetable; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	11
% Calories from Fat:	93.3%
% Calories from Carbohydrates:	5.3%
% Calories from Protein:	1.3%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	trace
	trace

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): trace
Sodium (mg): trace
Potassium (mg): 6mg
Calcium (mg): 1mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 8IU
Vitamin A (r.e.): 1RE

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

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 11 Calories from Fat: 10

% Daily Values*

Total Fat	1g	2%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	trace	0%
	Dietary Fiber trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	1%
Calcium	0%
Iron	0%

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