

Cocktail Meatballs with Cranberry Marinara

*J. M. Hirsch - Associated Press
Palm Beach Post*

Yield: 50 meatballs

*3 eggs, beaten
1/4 cup cilantro, finely chopped
1 tablespoon jalapeno slices, finely
chopped
3 cloves garlic, minced
2 teaspoons fennel seeds
2 teaspoons dried oregano
1 teaspoon onion powder
1/2 teaspoon red pepper flakes
Kosher salt
ground black pepper
3 pounds 93% lean ground beef
1 can (14 ounce) whole berry
cranberry sauce
1 can (15 ounce) diced tomatoes
splash hot sauce*

Preheat the oven to 425 degrees.

Coat a rimmed baking sheet with cooking spray.

In a large bowl, combine the eggs, cilantro, jalapenos, garlic, fennel, oregano, onion powder, red pepper flakes, two teaspoons of salt and 1/2 teaspoon of pepper. Whisk until well combined.

Add the ground beef. Mix gently until completely blended.

Divide the mixture into fifty balls, using about two tablespoons of the mixture per ball. Arrange the meatballs on the prepared baking sheet.

Place the baking sheet in the oven and bake for 20 minutes.

Increase the heat to broil and cook for another 1 to 2 minutes, or until the meatballs are lightly browned.

Meanwhile, in a medium saucepan over medium heat, combine the cranberry sauce and diced tomatoes. Add hot sauce to taste. Mix and heat thoroughly.

Serve as a dip.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 324 Calories; 17g Fat (45.2% calories from fat); 24g Protein; 22g Carbohydrate; 6g Dietary Fiber; 636mg Cholesterol; 248mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	324	Vitamin B6 (mg):	.5mg
% Calories from Fat:	45.2%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	26.3%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	28.4%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	17g	Folacin (mcg):	111mcg
Saturated Fat (g):	5g	Niacin (mg):	3mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	636mg	% Daily Value:	0.0%
Carbohydrate (g):	22g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	1/2
Protein (g):	24g	Lean Meat:	2 1/2
Sodium (mg):	248mg	Vegetable:	2
Potassium (mg):	1098mg	Fruit:	0
Calcium (mg):	295mg	Non-Fat Milk:	0
Iron (mg):	9mg	Fat:	1 1/2
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	82mg		
Vitamin A (i.u.):	3512IU		
Vitamin A (r.e.):	487 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 324 Calories from Fat: 146

% Daily Values*

Total Fat	17g	26%
Saturated Fat	5g	24%
Cholesterol	636mg	212%
Sodium	248mg	10%
Total Carbohydrates	22g	7%
Dietary Fiber	6g	23%
Protein	24g	
Vitamin A		70%
Vitamin C		137%
Calcium		29%
Iron		49%

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