

Cranberry Meatballs

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 78 meatballs

2 large eggs
1 cup cornflake crumbs
1/2 cup onion, finely chopped
2 tablespoons soy sauce
1 tablespoon parsley flakes
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
2 pounds lean ground beef
1 can (14 ounce) cranberry sauce
1/2 cup chili sauce
1/2 cup ketchup
2 tablespoons brown sugar, packed
1 tablespoon white vinegar

Bake: 1 hour 30 minutes

Preheat the oven to 350 degrees.

In a large bowl, beat the eggs with a fork.

Add the cornflake crumbs, onion, soy sauce, parsley flakes, salt, pepper and garlic powder. Mix well.

Add the ground beef. Mix well. Shape into one-inch balls. Place into an ungreased three-quart casserole.

In a small bowl, combine the cranberry sauce, chili sauce, ketchup, brown sugar and vinegar. Pour over the meatballs.

Bake, uncovered, for about 1-1/2 hours.

Per Serving (excluding unknown items): 3560 Calories; 199g Fat (50.5% calories from fat); 185g Protein; 254g Carbohydrate; 11g Dietary Fiber; 1105mg Cholesterol; 9568mg Sodium. Exchanges: 5 Grain(Starch); 25 Lean Meat; 2 Vegetable; 24 1/2 Fat; 11 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	3560	Vitamin B6 (mg):	4.4mg
% Calories from Fat:	50.5%	Vitamin B12 (mcg):	22.5mcg
% Calories from Carbohydrates:	28.6%	Thiamin B1 (mg):	1.8mg
% Calories from Protein:	20.9%	Riboflavin B2 (mg):	3.8mg
Total Fat (g):	199g	Folacin (mcg):	485mcg
Saturated Fat (g):	79g	Niacin (mg):	60mg

Monounsaturated Fat (g): 86g
Polyunsaturated Fat (g): 10g
Cholesterol (mg): 1105mg
Carbohydrate (g): 254g
Dietary Fiber (g): 11g
Protein (g): 185g
Sodium (mg): 9568mg
Potassium (mg): 4206mg
Calcium (mg): 240mg
Iron (mg): 49mg
Zinc (mg): 38mg
Vitamin C (mg): 160mg
Vitamin A (i.u.): 12929IU
Vitamin A (r.e.): 1825 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 5
Lean Meat: 25
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 24 1/2
Other Carbohydrates: 11

Nutrition Facts

Amount Per Serving

Calories 3560 **Calories from Fat:** 1800

% Daily Values*

Total Fat	199g	307%
Saturated Fat	79g	394%
Cholesterol	1105mg	368%
Sodium	9568mg	399%
Total Carbohydrates	254g	85%
Dietary Fiber	11g	44%
Protein	185g	
<hr/>		
Vitamin A		259%
Vitamin C		267%
Calcium		24%
Iron		272%

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