

# Fireball Meatballs

Lois Bien Woods - Millbury, MA  
CookedPerfect.com

## Yield: 16 meatballs

1 bag (1.5 pound) Cooked Perfect  
angus beef meatballs  
3 cups ketchup  
1 can (12 ounce) beer or non-alcoholic  
malt beverage  
1 cup hot cayenne pepper sauce

## Cook Time: 20 minutes

In a five-quart pot, combine the ketchup, pepper sauce and beer. Heat until boiling. Reduce the heat and simmer for 10 minutes until slightly thickened.

Stir the bag of meatballs into the sauce. Simmer for 10 minutes or until heated thoroughly.

Serve in a chafing dish.

---

Per Serving (excluding unknown items): 749 Calories; 2g Fat (2.5% calories from fat); 11g Protein; 196g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 8539mg Sodium. Exchanges: 13 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	749	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	2.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	92.5%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	5.0%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	2g	Folacin (mcg):	108mcg
Saturated Fat (g):	0g	Niacin (mg):	10mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	196g	<b>Food Exchanges</b>	
Dietary Fiber (g):	9g	Grain (Starch):	0
Protein (g):	11g	Lean Meat:	0
Sodium (mg):	8539mg	Vegetable:	0

**Potassium (mg):** 3463mg  
**Calcium (mg):** 137mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 108mg  
**Vitamin A (i.u.):** 7315IU  
**Vitamin A (r.e.):** 734 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 13

---

## Nutrition Facts

---

### Amount Per Serving

**Calories** 749 Calories from Fat: 19

---

### % Daily Values\*

<b>Total Fat</b>	2g	4%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	8539mg	356%
<b>Total Carbohydrates</b>	196g	65%
Dietary Fiber	9g	36%
<b>Protein</b>	11g	
<hr/>		
<b>Vitamin A</b>		146%
<b>Vitamin C</b>		181%
<b>Calcium</b>		14%
<b>Iron</b>		27%

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