

Maple-Glazed Meatballs

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 96 meatballs

MEATBALLS

1 1/2 pounds lean ground beef
2 tablespoons prepared horseradish
1 1/4 cups dry bread crumbs
2 large eggs, fork-beaten
1/2 cup skim evaporated milk

MAPLE SAUCE

1/2 cup chili sauce
1/2 cup corn (or cane) syrup
2 tablespoons soy sauce
1/2 teaspoon dry mustard
1/2 teaspoon ground allspice
2 teaspoons cornstarch
1 1/2 teaspoons maple flavoring

Bake: 10 minutes

Preheat the oven to 450 degrees.

For the meatballs: In a medium bowl, place the ground beef, horseradish, bread crumbs, eggs and milk. Mix well. Shape into 3/4-inch balls. Arrange in a single layer on an ungreased baking sheet.

Bake for about 10 minutes until browned and no longer pink inside.

For the maple sauce: In a medium saucepan, combine the chili sauce, corn syrup, soy sauce, mustard, allspice, cornstarch and maple flavoring. Bring to a boil over medium heat, stirring often. (Makes 1-1/4 cups of sauce.)

Add the meatballs. Stir until heated through.

Per Serving (excluding unknown items): 2563 Calories; 159g Fat (56.9% calories from fat); 153g Protein; 117g Carbohydrate; 7g Dietary Fiber; 935mg Cholesterol; 3956mg Sodium. Exchanges: 7 Grain(Starch); 19 1/2 Lean Meat; 1/2 Vegetable; 20 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2563	Vitamin B6 (mg):	2.2mg
% Calories from Fat:	56.9%	Vitamin B12 (mcg):	17.2mcg
% Calories from Carbohydrates:	18.6%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	24.4%	Riboflavin B2 (mg):	2.5mg
Total Fat (g):	159g	Folacin (mcg):	174mcg

Saturated Fat (g): 61g
Monounsaturated Fat (g): 68g
Polyunsaturated Fat (g): 9g
Cholesterol (mg): 935mg
Carbohydrate (g): 117g
Dietary Fiber (g): 7g
Protein (g): 153g
Sodium (mg): 3956mg
Potassium (mg): 3043mg
Calcium (mg): 451mg
Iron (mg): 24mg
Zinc (mg): 30mg
Vitamin C (mg): 90mg
Vitamin A (i.u.): 9462IU
Vitamin A (r.e.): 1037RE

Niacin (mg): 42mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 7
Lean Meat: 19 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 20
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 2563 **Calories from Fat:** 1459

% Daily Values*

Total Fat	159g	244%
Saturated Fat	61g	307%
Cholesterol	935mg	312%
Sodium	3956mg	165%
Total Carbohydrates	117g	39%
Dietary Fiber	7g	28%
Protein	153g	
Vitamin A		189%
Vitamin C		149%
Calcium		45%
Iron		133%

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