

Meatballs with Chutney Sauce

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 45 meatballs

2 teaspoons cooking oil
1/2 cup onion, chopped
2 cloves garlic, minced
1 teaspoon peeled gingerroot, finely grated
1 pound lean ground chicken
1 1/2 cups (about 4 slices) fresh bread crumbs
1 large egg
1/4 cup fresh parsley, chopped
2 tablespoons Hoisin sauce
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
1/16 teaspoon coarsely ground pepper
CHUTNEY SAUCE
1 cup spicy mango chutney (or other fruit)
1/2 cup water
1/3 cup low-sodium soy sauce
1 tablespoon chili sauce
1 teaspoon Worcestershire sauce
1 teaspoon peeled gingerroot, finely grated

Bake: 10 minutes

Preheat the oven to 400 degrees.

In a small frying pan on medium heat, heat the cooking oil. Add the onion, garlic and ginger. Cook for about 5 minutes until the onion is softened and golden. Transfer to a medium bowl. Cool to room temperature.

Add the chicken, bread crumbs, egg, parsley, Hoisin sauce, salt, cayenne and pepper to the onion mixture. Mix well until the mixture sticks together when squeezed. Shape into one-inch balls. Arrange in a single layer on a greased baking sheet.

Bake on the center rack for about 10 minutes until no longer pink inside. Remove to paper towels to drain. Transfer to a serving bowl.

For the chutney sauce: Place the mango chutney, water, soy sauce, chili sauce, Worcestershire and ginger in a food processor or blender. Process until smooth. Transfer to a medium saucepan. Bring to a boil on medium, stirring constantly. Reduce heat to medium-low. Simmer, uncovered, for 5 minutes. (Makes 1-1/3 cups.)

Pour over the meatballs.

Per Serving (excluding unknown items): 508 Calories; 18g Fat (31.6% calories from fat); 20g Protein; 68g Carbohydrate; 6g Dietary Fiber; 214mg Cholesterol; 5252mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 3 1/2 Vegetable; 3 Fat; 1 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	508	Vitamin B6 (mg):	.4mg
% Calories from Fat:	31.6%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	53.0%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	15.5%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	18g	Folacin (mcg):	109mcg
Saturated Fat (g):	3g	Niacin (mg):	7mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	214mg	% Refused:	0%
Carbohydrate (g):	68g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	2
Protein (g):	20g	Lean Meat:	1
Sodium (mg):	5252mg	Vegetable:	3 1/2
Potassium (mg):	720mg	Fruit:	0
Calcium (mg):	189mg	Non-Fat Milk:	0
Iron (mg):	7mg	Fat:	3
Zinc (mg):	2mg	Other Carbohydrates:	1
Vitamin C (mg):	46mg		
Vitamin A (i.u.):	2242IU		
Vitamin A (r.e.):	271RE		

Nutrition Facts

Amount Per Serving

Calories 508 **Calories from Fat:** 161

		% Daily Values*
Total Fat	18g	28%
Saturated Fat	3g	17%
Cholesterol	214mg	71%
Sodium	5252mg	219%
Total Carbohydrates	68g	23%
Dietary Fiber	6g	22%
Protein	20g	
Vitamin A		45%
Vitamin C		77%
Calcium		19%
Iron		38%

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