

Polynesian Meatballs

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 78 meatballs

2 pounds lean ground beef
1 can (10 ounce) water chestnuts,
drained and finely chopped
3 tablespoons soy sauce
1 tablespoon brown (or granulated)
sugar, packed
2 cloves garlic, minced
1 teaspoon parsley flakes
1/2 teaspoon onion powder

Bake: 15 minutes

Preheat the oven to 375 degrees.

In a large bowl, place the ground beef, water chestnuts, soy sauce, sugar, garlic, parsley and onion powder. Mix well. Shape into one-inch balls. Place on an ungreased baking sheet with sides.

Bake for about 15 minutes until the meatballs are no longer pink inside.

Per Serving (excluding unknown items): 2438 Calories; 188g Fat (71.1% calories from fat); 164g Protein; 7g Carbohydrate; 1g Dietary Fiber; 681mg Cholesterol; 3714mg Sodium. Exchanges: 0 Grain(Starch); 23 1/2 Lean Meat; 1 1/2 Vegetable; 23 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2438	Vitamin B6 (mg):	2.4mg
% Calories from Fat:	71.1%	Vitamin B12 (mcg):	21.2mcg
% Calories from Carbohydrates:	1.3%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	27.6%	Riboflavin B2 (mg):	2.0mg
Total Fat (g):	188g	Folacin (mcg):	83mcg
Saturated Fat (g):	75g	Niacin (mg):	43mg
Monounsaturated Fat (g):	82g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	681mg	% Refuse:	n n%
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	164g	Lean Meat:	23 1/2

Sodium (mg): 3714mg
Potassium (mg): 2501mg
Calcium (mg): 97mg
Iron (mg): 17mg
Zinc (mg): 35mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 23 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2438 **Calories from Fat:** 1735

% Daily Values*

Total Fat 188g	289%
Saturated Fat 75g	377%
Cholesterol 681mg	227%
Sodium 3714mg	155%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	2%
Protein 164g	
Vitamin A	0%
Vitamin C	3%
Calcium	10%
Iron	96%

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