

Soy Pork Balls

Dolores Skrivaneke

Church of St. Peter Council of Catholic Women - Mendota, MN (2003)

Yield: 56 pork balls

PORK BALLS

1 pound mild pork sausage
1 1/2 cups fresh bread crumbs
1/4 cup brown sugar, packed
1/2 teaspoon dry mustard
1/4 cup soy sauce
1/4 cup water

SWEET AND SOUR SAUCE

1 jar (12 ounce) apricot preserves
1 jar (6 ounce) Horseradish, drained

Mix the sausage and bread crumbs well. Shape the mixture into one-inch balls. In a hot, heavy skillet, brown the meatballs half at a time. Remove from the skillet and set aside. Wipe the skillet clean.

In the same skillet, mix the sugar and mustard. Stir in the soy sauce and water. Add the meatballs and bring to a boil. Reduce the heat, cover and simmer for 5 minutes or until the meatballs are cooked through.

Serve warm on picks or place on skewers, alternating with pineapple and green pepper chunks.

Strain the liquid and use as a dipping sauce or serve with the sweet/sour sauce by mixing the apricot preserves and horseradish.

Per Serving (excluding unknown items): 413 Calories; 3g Fat (5.9% calories from fat); 10g Protein; 90g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 4519mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 3 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 413 | Vitamin B6 (mg): | .2mg |
| % Calories from Fat: | 5.9% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 84.8% | Thiamin B1 (mg): | .4mg |
| % Calories from Protein: | 9.3% | Riboflavin B2 (mg): | .3mg |
| Total Fat (g): | 3g | Folacin (mcg): | 41mcg |
| | | | 5mg |

Saturated Fat (g): 1g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 1mg
Carbohydrate (g): 90g
Dietary Fiber (g): 3g
Protein (g): 10g
Sodium (mg): 4519mg
Potassium (mg): 410mg
Calcium (mg): 135mg
Iron (mg): 5mg
Zinc (mg): 1mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 44IU
Vitamin A (r.e.): 4 1/2RE

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

Food Exchanges

Grain (Starch): 2
Lean Meat: 0
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 3 1/2

Nutrition Facts

Amount Per Serving

Calories 413 **Calories from Fat:** 24

% Daily Values*

| | | | |
|----------------------------|---------------|----|------|
| Total Fat | 3g | | 4% |
| | Saturated Fat | 1g | 3% |
| Cholesterol | 1mg | | 0% |
| Sodium | 4519mg | | 188% |
| Total Carbohydrates | 90g | | 30% |
| | Dietary Fiber | 3g | 11% |
| Protein | 10g | | |
| <hr/> | | | |
| Vitamin A | | | 1% |
| Vitamin C | | | 9% |
| Calcium | | | 13% |
| Iron | | | 25% |

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