

# Spanish Meatballs

*Most Loved Appetizers*  
*Company's Coming Publishing Limited*

## **Yield: 36 matballs**

### *MEATBALLS*

*1 pound lean ground beef*  
*1 cup fresh whole wheat bread crumbs*  
*1 large egg, fork-beaten*  
*2 tablespoons milk*  
*1 clove garlic, minced*  
*1/4 teaspoon salt*  
*1/4 teaspoon pepper*  
*SPANISH SAUCE*  
*1 tablespoon olive oil*  
*1 medium onion, finely chopped*  
*2 cloves garlic, minced*  
*1/2 teaspoon beef bouillon powder*  
*1/2 teaspoon boiling water*  
*1 tablespoon tomato paste*  
*1/2 cup dry white wine*  
*2 teaspoons cornstarch*  
*1 teaspoon brown sugar, packed*  
*1/4 teaspoon pepper*  
*1/8 teaspoon ground cloves*

## **Cook Time: 30 minutes**

Preheat the oven to 350 degrees.

For the meatballs: In a large bowl, place the ground beef, bread crumbs, egg, milk, garlic, salt and pepper. Mix well. Shape into one-inch balls. Arrange in a single layer on a greased baking sheet.

Bake for 10 minutes until browned. (The meatballs may not be fully cooked.) Drain. Set aside.

For the spanish sauce: In a medium saucepan over medium heat, heat the olive oil. Add the onion and garlic. Cook for 2 to 3 minutes until the onion is softened.

In a small cup, dissolve the bouillon powder in boiling water. Add to the onion mixture. Stir. Add the tomato paste. Stir.

In the same small cup, stir the wine into the cornstarch until smooth. Gradually stir into the tomato paste mixture. Heat and stir until boiling and thickened.

Add the brown sugar, pepper and cloves. Stir. (Makes about 1-1/4 cups of sauce.) Add the meatballs. Heat on low for 25 to 30 minutes until the meatballs are heated through and no longer pink inside.

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Per Serving (excluding unknown items): 1595 Calories; 114g Fat (68.6% calories from fat); 90g Protein; 27g Carbohydrate; 3g Dietary Fiber; 557mg Cholesterol; 1074mg Sodium. Exchanges: 1/2 Grain(Starch); 12 1/2 Lean Meat; 3 Vegetable; 0 Non-Fat Milk; 15 Fat; 0 Other Carbohydrates.

Appetizers

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1595	<b>Vitamin B6 (mg):</b>	1.5mg
<b>% Calories from Fat:</b>	68.6%	<b>Vitamin B12 (mcg):</b>	11.4mcg
<b>% Calories from Carbohydrates:</b>	7.2%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	24.2%	<b>Riboflavin B2 (mg):</b>	1.3mg
<b>Total Fat (g):</b>	114g	<b>Folacin (mcg):</b>	87mcg
<b>Saturated Fat (g):</b>	42g	<b>Niacin (mg):</b>	21mg
<b>Monounsaturated Fat (g):</b>	53g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	6g	<b>Alcohol (kcal):</b>	80
<b>Cholesterol (mg):</b>	557mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	27g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	90g	<b>Lean Meat:</b>	12 1/2
<b>Sodium (mg):</b>	1074mg	<b>Vegetable:</b>	3
<b>Potassium (mg):</b>	1782mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	166mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	10mg	<b>Fat:</b>	15
<b>Zinc (mg):</b>	19mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	17mg		
<b>Vitamin A (i.u.):</b>	686IU		
<b>Vitamin A (r.e.):</b>	122RE		

**Nutrition Facts**

<b>Amount Per Serving</b>	
<b>Calories</b> 1595	Calories from Fat: 1093
<b>% Daily Values*</b>	
<b>Total Fat</b> 114g	175%
Saturated Fat 42g	209%
<b>Cholesterol</b> 557mg	186%
<b>Sodium</b> 1074mg	45%
<b>Total Carbohydrates</b> 27g	9%
Dietary Fiber 3g	13%
<b>Protein</b> 90g	
<b>Vitamin A</b>	14%
<b>Vitamin C</b>	29%
<b>Calcium</b>	17%
<b>Iron</b>	58%

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