

Sweet-N-Sour Party Meatballs

Elayne Lewis

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 7 dozen

2 pounds lean ground beef

1/4 teaspoon pepper

1/4 cup soy sauce

1 cup ice water

SAUCE

4 green peppers, seeded and slivered

1 can (15 ounce) pineapple chunks in juice

1 tablespoon vegetable oil

1/4 cup vinegar

1/3 cup brown sugar, firmly packed

2 tablespoons cornstarch

1 tablespoon soy sauce

1/2 teaspoon ground ginger

Preheat the oven to 375 degrees.

In a bowl, combine the beef, peppers, soy sauce and ice water. Form into tiny meatballs. Bake in a shallow pan for 10 to 15 minutes.

In a skillet, saute' the green peppers in oil until just slightly tender.

Drain the pineapple chunks, adding sufficient water to the syrup to make 1-1/2 cups of liquid. Add the pineapple to the green pepper.

In a bowl, combine the pineapple liquid, vinegar, brown sugar, cornstarch, soy sauce and ginger. Add to the mixture in the skillet. Simmer until the sauce thickens, stirring constantly. Cook for 3 minutes, then stir in the meat. Cook until the meatballs are heated through. (The meatballs may be made up in advance.)

Per Serving (excluding unknown items): 3098 Calories; 202g Fat (59.2% calories from fat); 171g Protein; 143g Carbohydrate; 11g Dietary Fiber; 681mg Cholesterol; 5810mg Sodium. Exchanges: 1 Grain(Starch); 23 1/2 Lean Meat; 6 1/2 Vegetable; 2 1/2 Fruit; 26 1/2 Fat; 3 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	3098	Vitamin B6 (mg):	3.8mg
% Calories from Fat:	59.2%	Vitamin B12 (mcg):	21.2mcg
% Calories from Carbohydrates:	18.6%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	22.2%	Riboflavin B2 (mg):	2.2mg

Total Fat (g): 202g
Saturated Fat (g): 77g
Monounsaturated Fat (g): 90g
Polyunsaturated Fat (g): 11g
Cholesterol (mg): 681mg
Carbohydrate (g): 143g
Dietary Fiber (g): 11g
Protein (g): 171g
Sodium (mg): 5810mg
Potassium (mg): 3924mg
Calcium (mg): 218mg
Iron (mg): 22mg
Zinc (mg): 36mg
Vitamin C (mg): 449mg
Vitamin A (i.u.): 3106IU
Vitamin A (r.e.): 309 1/2RE

Folacin (mcg): 204mcg
Niacin (mg): 47mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 1
Lean Meat: 23 1/2
Vegetable: 6 1/2
Fruit: 2 1/2
Non-Fat Milk: 0
Fat: 26 1/2
Other Carbohydrates: 3 1/2

Nutrition Facts

Amount Per Serving

Calories 3098 **Calories from Fat:** 1834

% Daily Values*

Total Fat	202g	312%
Saturated Fat	77g	386%
Cholesterol	681mg	227%
Sodium	5810mg	242%
Total Carbohydrates	143g	48%
Dietary Fiber	11g	46%
Protein	171g	
Vitamin A		62%
Vitamin C		748%
Calcium		22%
Iron		124%

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