

# Waikiki Meatballs

*Kath DiCianni*

*Gourmet Eating in South Carolina - (1985)*

## Servings: 6

*1 1/2 pounds ground beef*  
*2/3 cup cracker crumbs*  
*1/3 cup onion, minced*  
*1 egg*  
*1 1/2 teaspoons salt*  
*1/4 teaspoon ginger*  
*1/4 cup milk*  
*1 tablespoon soy sauce*  
*1 tablespoon shortening*  
*2 tablespoons cornstarch*  
*1/2 cup brown sugar*  
*1 can (13-1/2 ounce) pineapple tidbits, drained*  
*1/3 cup vinegar*  
*1/3 cup green pepper, chopped*

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In a bowl, mix the ground beef, crumbs, onion, egg, salt, ginger and milk. Shape by rounded tablespoons into balls.

In a skillet, melt the shortening. Brown and cook the meatballs. Remove the meatballs and keep them warm. Pour the fat from the skillet.

In a bowl, mix the cornstarch and sugar. Stir in the pineapple syrup, vinegar and soy sauce until smooth. Pour the sauce into the skillet. Cook over medium heat, stirring constantly, until the mixture thickens and boils. Boil and stir for 1 more minute.

Add the meatballs, pineapple and green pepper. Heat through.

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Per Serving (excluding unknown items): 454 Calories; 33g Fat (66.6% calories from fat); 21g Protein; 17g Carbohydrate; trace Dietary Fiber; 133mg Cholesterol; 804mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat; 1 Other Carbohydrates.

Beef

## Per Serving Nutritional Analysis

|                                       |       |                            |        |
|---------------------------------------|-------|----------------------------|--------|
| <b>Calories (kcal):</b>               | 454   | <b>Vitamin B6 (mg):</b>    | .3mg   |
| <b>% Calories from Fat:</b>           | 66.6% | <b>Vitamin B12 (mcg):</b>  | 3.2mcg |
| <b>% Calories from Carbohydrates:</b> | 15.1% | <b>Thiamin B1 (mg):</b>    | .1mg   |
| <b>% Calories from Protein:</b>       | 18.2% | <b>Riboflavin B2 (mg):</b> | .2mg   |
| <b>Total Fat (g):</b>                 | 33g   | <b>Folacin (mcg):</b>      | 17mcg  |
| <b>Saturated Fat (g):</b>             | 13g   | <b>Niacin (mg):</b>        | 5mg    |

**Monounsaturated Fat (g):** 15g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 133mg  
**Carbohydrate (g):** 17g  
**Dietary Fiber (g):** trace  
**Protein (g):** 21g  
**Sodium (mg):** 804mg  
**Potassium (mg):** 375mg  
**Calcium (mg):** 43mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 105IU  
**Vitamin A (r.e.):** 20 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 3  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 5  
**Other Carbohydrates:** 1

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### Nutrition Facts

Servings per Recipe: 6

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#### Amount Per Serving

**Calories** 454 **Calories from Fat:** 303

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#### % Daily Values\*

|                            |                     |     |
|----------------------------|---------------------|-----|
| <b>Total Fat</b>           | 33g                 | 51% |
|                            | Saturated Fat 13g   | 66% |
| <b>Cholesterol</b>         | 133mg               | 44% |
| <b>Sodium</b>              | 804mg               | 33% |
| <b>Total Carbohydrates</b> | 17g                 | 6%  |
|                            | Dietary Fiber trace | 1%  |
| <b>Protein</b>             | 21g                 |     |
| <hr/>                      |                     |     |
| <b>Vitamin A</b>           |                     | 2%  |
| <b>Vitamin C</b>           |                     | 13% |
| <b>Calcium</b>             |                     | 4%  |
| <b>Iron</b>                |                     | 14% |

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