

Balsamic Glazed Meatloaf Meatball Poppers

TheSlowRoastedItalian.com

Yield: 60 meatball poppers

BALSAMIC SAUCE

1 cup ketchup
1/4 cup balsamic vinegar
1/4 cup brown sugar, packed
1 cup water

MEATBALLS

1 pound lean ground beef
1 cup Italian bread crumbs
1/2 cup milk
2 tablespoons ketchup
1 tablespoon balsamic vinegar
1/2 teaspoon ground nutmeg
1/2 teaspoon fresh ground black pepper
1/2 teaspoon Kosher salt
1 teaspoon onion powder
1/2 teaspoon garlic powder
2 tablespoons Italian seasoning
2 large eggs

Preheat the oven to 350 degrees.

Prepare the Balsamic Sauce: In a medium bowl, combine the ketchup, balsamic vinegar, brown sugar and water. Whisk to combine well. Set aside until needed.

In a large bowl, add the beef, bread crumbs and milk, pouring the milk directly over the bread crumbs. Add the ketchup, egg, balsamic vinegar, nutmeg, Kosher salt, pepper, onion powder, garlic powder and Italian seasoning. Combine well with hands. Do not overwork the meat mixture.

Form the meat mixture into one-tablespoon balls, using a scooper or make them about one-inch balls. Place the meatballs into a 13x9-inch baking dish. Cover the meatballs with balsamic sauce.

Bake for 30 minutes.

Per Serving (excluding unknown items): 2330 Calories; 113g Fat (43.3% calories from fat); 119g Protein; 213g Carbohydrate; 10g Dietary Fiber; 782mg Cholesterol; 7862mg Sodium. Exchanges: 6 Grain(Starch); 13 1/2 Lean Meat; 1/2 Fruit; 1/2 Non-Fat Milk; 14 Fat; 7 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2330	Vitamin B6 (mg):	1.9mg
% Calories from Fat:	43.3%	Vitamin B12 (mcg):	12.4mcg
% Calories from Carbohydrates:	36.3%	Thiamin B1 (mg):	.7mg
			2.0mg

% Calories from Protein: 20.3%
Total Fat (g): 113g
Saturated Fat (g): 45g
Monounsaturated Fat (g): 47g
Polyunsaturated Fat (g): 7g
Cholesterol (mg): 782mg
Carbohydrate (g): 213g
Dietary Fiber (g): 10g
Protein (g): 119g
Sodium (mg): 7862mg
Potassium (mg): 3388mg
Calcium (mg): 460mg
Iron (mg): 17mg
Zinc (mg): 21mg
Vitamin C (mg): 43mg
Vitamin A (i.u.): 3404IU
Vitamin A (r.e.): 465 1/2RE

Riboflavin B2 (mg):
Folacin (mcg): 267mcg
Niacin (mg): 28mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 6
Lean Meat: 13 1/2
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 1/2
Fat: 14
Other Carbohydrates: 7

Nutrition Facts

Amount Per Serving

Calories 2330 **Calories from Fat:** 1010

% Daily Values*

Total Fat	113g	174%
Saturated Fat	45g	223%
Cholesterol	782mg	261%
Sodium	7862mg	328%
Total Carbohydrates	213g	71%
Dietary Fiber	10g	41%
Protein	119g	
Vitamin A		68%
Vitamin C		72%
Calcium		46%
Iron		95%

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