

Sweet and Spicy Meatballs



- Serves 18 2 Meatballs per Serving

Ingredients:

- Vegetable cooking spray
- 1/4 cup chopped onion
- 1 lb lean ground chuck
- 1/3 cup fine dry bread crumbs
- 1/4 cup chopped fresh parsley
- 1/8 teaspoon nutmeg
- 1/4 cup liquid non-dairy creamer
- 1 egg white, beaten
- 1/2 cup cranberries, finely chopped
- 2 teaspoons dry mustard
- 1/8 teaspoon cayenne pepper
- 1/2 cup grape jelly
- 1 teaspoon lemon juice

Directions:

Coat a small saucepan with cooking spray; place over medium heat. Add onion add sauté until tender. Combine onion with next 6 ingredients in a bowl. Shape into 36 1-inch meatballs. Place meatballs on a baking sheet with sides which has been coated with cooking spray. Bake at 375°F for 18 minutes. Meanwhile, prepare sauce by combining the cranberries and remaining ingredients in a small saucepan. Cook over medium heat until thoroughly heated. Place meatballs in a serving bowl and pour sauce over. Serve with toothpicks

Analysis		Renal and Renal Diabetic Exchanges
Calories 108	Sodium 38 mg	1 Meat
Carbohydrates 9 g	Potassium 98 mg	1 Low Potassium Fruit
Protein 5 g	Phosphorus 44 mg	
Fat 6 g		