

YIELD: 16 APPETIZER-SIZED SERVINGS

Sweet and Sour Meatballs

These sweet and sour meatballs are the perfect comfort-food appetizer for your holiday parties.

COOK TIME 20 minutes

TOTAL TIME 20 minutes

Ingredients

For the Meatballs:

- 1 1/2 pounds ground beef
- 1 egg
- 1 teaspoon salt
- 1 tablespoon dried minced onion
- 1/2 cup Panko breadcrumbs
- 1/2 teaspoon black pepper

For the Sauce:

- 3/4 cup water
- 3/4 cup brown sugar
- 1/3 cup apple cider vinegar
- 1 tablespoon worcestershire sauce
- 1/3 cup ketchup
- 1/4 cup grape jam
- 1 tablespoon cornstarch

Instructions

1. Preheat oven to 425°. In a medium-sized bowl, combine together all the meatball ingredients with clean hands. Form mixture into 1-1/2" meatballs



and place on an ungreased baking sheet. Bake in preheated oven for 12-15 minutes or until the meatballs are dark brown and cooked through.

2. Meanwhile, to prepare the sauce, combine the water, brown sugar, vinegar, worcestershire sauce, ketchup, and grape jam in a small sauce pan over medium high heat. Bring to a boil. Mix the cornstarch with 3 tablespoons of water, and whisk into the sauce mixture. Reduce heat and simmer until the sauce is thick and bubbly, about five minutes.
3. Toss the meatballs in the sauce and serve immediately, or transfer the sauce and meatballs into a slow cooker on the low or warm setting to keep warm for serving.

Nutrition Information: YIELD: 16 SERVING SIZE: 1 appetizer serving

Amount Per Serving: CALORIES: 189 TOTAL FAT: 8g SATURATED FAT: 3g

TRANS FAT: 0g UNSATURATED FAT: 4g CHOLESTEROL: 49mg SODIUM: 260mg

CARBOHYDRATES: 16g FIBER: 0g SUGAR: 12g PROTEIN: 12g

At Wholefully, we believe that good nutrition is about much more than just the numbers on the nutrition facts panel. Please use the above information as only a small part of what helps you decide what foods are nourishing for you.

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CUISINE: American / **CATEGORY:** Appetizers

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