

Cranberry Glazed Meatballs

Ingredients:

1 pound ground turkey	1/8 teaspoon pepper
12 ounces all natural pork sausage	1/8 teaspoon salt
1 cup sweet potato, shredded	4 cups cranberry juice cocktail
1 cup apple, shredded	1/3 cup sugar
1 egg	
2 tablespoons parsley, fresh, chopped	
1 tablespoon onion flakes	

Directions:

1. Preheat oven to 375°F. Grease baking sheet and set aside.
2. In a medium bowl, combine ground turkey, sausage, sweet potato, apple, egg, parsley, dried onion, salt, and pepper.
3. Form about 25 cocktail-sized meatballs and place on a baking sheet.
4. Bake meatballs for 18 minutes or until cooked through. While meatballs are baking, prepare sauce.
5. In a medium saucepan over high heat, combine cranberry juice cocktail and sugar. Bring to a boil, reduce heat and simmer until reduced to a syrupy consistency that will coat the back of a spoon.
6. Pour sauce over cooked meatballs and stir, coating meatballs completely. Serve with toothpicks.

Nutrition Facts

Serving Size (85g)		Servings Per Container 25	
Amount Per Serving			
Calories 90	Calories from Fat 30		
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 25mg			8%
Sodium 115mg			5%
Total Carbohydrate 9g			3%
Dietary Fiber 0g			0%
Sugars 8g			
Protein 7g			
Vitamin A 15%		Vitamin C 15%	
Calcium 0%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

For more information, please contact:

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Wellness Center

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Source: celiac.org

