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Sweet and Sour Meatballs

Sweet and Sour Meatballs is a classic dish that combines the flavors of tangy sweetness with savory meatballs. It is often served as an appetizer or as a main course with rice or noodles. The dish originated in China but has become popular in many other cuisines around the world.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Ground Beef
50 g	breadcrumbs
1 pieces	Egg
1 tsp	salt

0.5 tsp	black pepper
1 pieces	onion
1 pieces	bell pepper
200 g	pineapple chunks
100 g	ketchup
50 ml	vinegar
50 g	brown sugar
30 ml	soy sauce
15 g	cornstarch
100 ml	water

Directions

Step 1

Mixing

In a large bowl, combine ground beef, breadcrumbs, egg, salt, and black pepper. Mix well.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Shaping

Shape the mixture into small meatballs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat oil in a pan over medium heat. Add meatballs and cook until browned on all sides.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Sautéing

Remove meatballs from the pan and set aside. In the same pan, sauté onion and bell pepper until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Mixing

In a bowl, mix together ketchup, vinegar, brown sugar, soy sauce, cornstarch, and water to make the sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Simmering

Add the sauce to the pan with the sautéed vegetables. Stir well and bring to a simmer.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Simmering

Return the meatballs to the pan and add pineapple chunks. Cook for another 5 minutes, or until the meatballs are cooked through and the sauce has thickened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Serving

Serve the sweet and sour meatballs over rice or noodles.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Picnic

Cuisines

Italian Chinese Mexican American Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb Low Sodium

Kitchen Tools

Blender Grill Slow Cooker

Course

Appetizers Main Dishes Side Dishes

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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