

# Walnut Balls with Sweet'n'Sour Sauce

## Ingredients:

2 cups fine fat-free cracker crumbs	<u>Sweet'n'Sour Sauce</u>
1 ¼ cup ground walnuts	1 cup pineapple juice
¼ tsp. salt	1/3 cup apricot nectar or baby food apricots
1 medium onion, finely chopped	1 Tbsp. apple cider vinegar
1 ½ tsp. ground sage	1 Tbsp. fresh lemon juice
1 ¼ cup reduced-fat cheddar cheese	2 Tbsp. brown sugar
	1 Tbsp. low-sodium soy sauce
	1/8 tsp. ginger powder
	¼ tsp. garlic powder
	1 Tbsp. + ½ tsp. cornstarch
	2 Tbsp. pineapple juice



Servings: 10

## Instructions:

- Mix all ingredients in left hand column. Form into walnut-sized balls.
- Place on cookie sheet and bake for 20 minutes at 350°F. While balls are baking, combine ingredients, except the last two, for the sauce, in a small saucepan.
- Bring to a boil. Add cornstarch to the 2 Tbsp. cold pineapple juice; stir until cornstarch is completely mixed with the juice.
- Add to boiling sauce stirring as you add.
- Cook over medium heat, stirring constantly, until mixture is thickened.
- Place balls in casserole dish and spoon Sweet'n'Sour Sauce over them; bake another 30 minutes.
- Makes 10 servings. Serving size: 3 balls with 3 tablespoons sauce.

## Nutrition Facts

10 servings per container  
Serving size **3 balls with 3  
tbsp sauce (138g)**

Amount per serving  
**Calories 250**

% Daily Value\*

**Total Fat** 12g **15%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

**Cholesterol** 10mg **3%**

**Sodium** 380mg **17%**

**Total Carbohydrate** 27g **10%**

Dietary Fiber 1g **4%**

Total Sugars 13g

Includes 3g Added Sugars **6%**

**Protein** 10g

Vitamin D 0mcg **0%**

Calcium 304mg **25%**

Iron 2mg **10%**

Potassium 214mg **4%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.