



# Country BBQ Meatballs

BY TORI ROSE

*Chemistry*

## • **Meatballs:**

- Polyunsaturated, monounsaturated (omega-6 and omega-3 fatty acids), and saturated fats
- Depending on the cut of meat, may contain glycogen/glucose
- Essential amino acids: histidine, lysine, and tryptophan
- It is an animal source so it contains high amounts of nucleic acids
- vitamins A, B6, B12, D, E and the minerals zinc and selenium

## • **Jelly:**

- Does not contain any lipids.
- Mostly contains carbohydrates such as fructose
- Contains fiber and essential amino acids such as Methionine, Leucine, Phenylalanine, Threonine, Tryptophan, and Valine
- Fruits are considered to have low nucleic acid foods
- Grapes contain copper, iron, and manganese, and they are a good source of vitamin C, A, B1, B2

## • **Butter:**

- Primarily saturated fats with trace amounts of monosaturated fats (omega-6)
- Trace amounts of lactose
- No proteins/amino acids
- Even though it comes from animals, dairy products do not contain many nucleic acids
- Good source of Vitamin A (11%), and trace amounts of B6, B12, D, E, and K.

## • **BBQ Sauce:**

- No lipids
- Both naturally occurring and added sugars: high fructose corn syrup. A total of 18 g of carbohydrates
- No proteins
- Does not contain nucleic acids
- Vitamin C (7%)





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## Recipe

Frozen Meatballs (of your choice)  
Sweet Baby Ray's Barbeque sauce  
~2 cups of Welch's Grape Jelly  
~1/2 cup of Butter

Combine in crock pot and cook until  
meatballs are warmed through the center  
and sauce is steaming.

