



Appetizer Meatballs

 Dairy Free

READY IN



40 min.

SERVINGS



60

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup breadcrumbs plain
- 1 eggs
- 0.5 teaspoon ground mustard
- 0.5 pound ground pork
- 1 pound ground beef lean
- 0.5 cup onion finely chopped
- 0.1 teaspoon pepper
- 0.5 teaspoon lawry's seasoned salt

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 37
- Spray jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray.
- Mix all ingredients in large bowl. Shape into 1-inch meatballs.
- Place in pan.
- Bake 15 to 20 minutes or until no longer pink in center and juice is clear. Cool completely. Cover tightly and refrigerate until ready to use. Use in sauce as desired.

Nutrition Facts



Properties

Glycemic Index:0.98, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.2547826227611%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 23.75kcal (1.19%), Fat: 1.28g (1.97%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.09g (0.1%), Cholesterol: 10.14mg (3.38%), Sodium: 30.88mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Selenium: 2.63µg (3.75%), Vitamin B12: 0.2µg (3.4%), Zinc: 0.49mg (3.25%), Vitamin B3: 0.61mg (3.06%), Phosphorus: 24.31mg (2.43%), Vitamin B1: 0.04mg (2.41%), Vitamin B6: 0.05mg (2.38%), Vitamin B2: 0.03mg (1.57%), Iron: 0.25mg (1.4%), Potassium: 41.03mg (1.17%)