



Baked Meatballs

READY IN



40 min.

SERVINGS



5

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bread crumbs divided
- 1.5 teaspoons basil dried
- 1.5 teaspoons parsley dried
- 5 ounces pkt spinach frozen thawed drained
- 1 teaspoon garlic powder
- 0.5 pound lamb
- 0.5 pound ground pork
- 0.5 pound ground round
- 1 teaspoon kosher salt

- 0.5 cup parmesan finely grated
- 0.5 teaspoon pepper flakes red
- 1 eggs whole

Equipment

- bowl
- oven
- mixing bowl
- muffin tray
- kitchen scale

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- In a large mixing bowl, combine the pork, lamb, ground round, spinach, cheese, egg, basil, parsley, garlic powder, salt, red pepper flakes, and 1/4 cup of the bread crumbs. Using your hands, mix all ingredients until well incorporated. Use immediately or place in refrigerator for up to 24 hours.
- Place the remaining 1/4 cup of bread crumbs into a small bowl. Using a scale, weigh meatballs into 1.5-ounce portions and place on a sheet pan. Using your hands, shape the meatballs into rounds, roll in the bread crumbs and place the meatballs in individual, miniature muffin tin cups.
- Bake for 20 minutes or until golden and cooked through.

Nutrition Facts

 **PROTEIN 29.58%**  **FAT 61.01%**  **CARBS 9.41%**

Properties

Glycemic Index:6.4, Glycemic Load:0.11, Inflammation Score:-9, Nutrition Score:26.743913080381%

Flavonoids

Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg

Nutrients (% of daily need)

Calories: 433.04kcal (21.65%), Fat: 28.97g (44.56%), Saturated Fat: 12.1g (75.65%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 8.49g (3.09%), Sugar: 1g (1.11%), Cholesterol: 134.79mg (44.93%), Sodium: 823.93mg (35.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.6g (63.2%), Vitamin K: 114.13µg (108.7%), Vitamin A: 3515.17IU (70.3%), Selenium: 36.79µg (52.55%), Vitamin B12: 2.6µg (43.4%), Vitamin B3: 7.91mg (39.56%), Zinc: 5.47mg (36.48%), Vitamin B1: 0.54mg (36.19%), Phosphorus: 356.63mg (35.66%), Vitamin B2: 0.46mg (27.06%), Vitamin B6: 0.5mg (25.22%), Iron: 3.76mg (20.89%), Calcium: 207.2mg (20.72%), Manganese: 0.36mg (18.19%), Folate: 71.97µg (17.99%), Magnesium: 61.6mg (15.4%), Potassium: 536.93mg (15.34%), Vitamin B5: 1.14mg (11.43%), Copper: 0.19mg (9.44%), Vitamin E: 1.3mg (8.64%), Fiber: 1.55g (6.21%), Vitamin C: 1.93mg (2.33%), Vitamin D: 0.32µg (2.11%)