



## Beef Meatballs

READY IN



45 min.

SERVINGS



30

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon pepper red crushed
- 0.5 cup breadcrumbs dry
- 1 teaspoon mustard dry
- 0.3 cup parsley fresh chopped
- 2 garlic cloves crushed
- 1.5 pounds ground round
- 0.8 teaspoon penzey's southwest seasoning dried italian
- 1 ounce parmesan cheese fresh shredded finely
- 0.3 teaspoon salt

0.3 cup tomato sauce

## Equipment

bowl

oven

broiler pan

## Directions

Preheat oven to 40

Combine all ingredients except cooking spray in a bowl; stir well. Shape mixture into 30 (1 1/2-inch) meatballs.

Place on a broiler pan coated with cooking spray.

Bake at 400 for 15 minutes or until done.

## Nutrition Facts



## Properties

Glycemic Index:4.63, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.2921739039214%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 52.28kcal (2.61%), Fat: 2.65g (4.07%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.21g (0.23%), Cholesterol: 15.38mg (5.13%), Sodium: 73.04mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Vitamin K: 11.64µg (11.09%), Vitamin B12: 0.52µg (8.65%), Zinc: 1.16mg (7.72%), Selenium: 4.62µg (6.6%), Vitamin B3: 1.31mg (6.55%), Phosphorus: 53.18mg (5.32%), Vitamin B6: 0.09mg (4.65%), Iron: 0.69mg (3.86%), Vitamin B2: 0.05mg (2.86%), Potassium: 89.21mg (2.55%), Calcium: 19.81mg (1.98%), Vitamin B1: 0.03mg (1.96%), Magnesium: 6.82mg (1.71%), Vitamin B5: 0.16mg (1.6%), Vitamin A: 78.21IU (1.56%), Manganese: 0.03mg (1.5%), Vitamin C: 1.1mg (1.33%), Copper: 0.03mg (1.3%), Folate: 4.79µg (1.2%)