



Beef & mozzarella meatballs

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ready-made meatballs (a 360g pack)
- ☐ 50 g mozzarella cheese divided
- ☐ 300 g tomato & basil sauce fresh

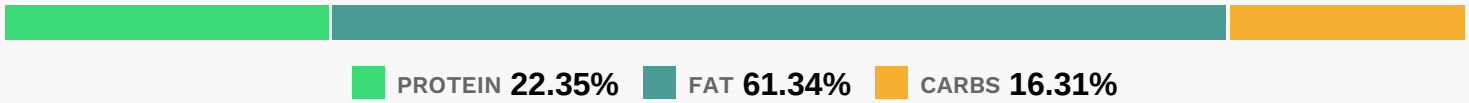
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Wet your hands, push a piece of mozzarella into the centre of each meatball, then re-form the meat into a ball.
- ☐ Place on a baking tray and cook for 15–20 mins until theyre browned and cooked through.
- ☐ Meanwhile, tip the sauce into a pan. Gently heat, letting it bubble and reduce a little. Once the meatballs are cooked, pop a mini skewer in each one and serve with the sauce to dip.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.2039130396493%

Nutrients (% of daily need)

Calories: 67.32kcal (3.37%), Fat: 4.5g (6.92%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 1.89g (0.69%), Sugar: 1.84g (2.05%), Cholesterol: 13.37mg (4.46%), Sodium: 127.96mg (5.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.37%), Vitamin B1: 0.1mg (6.92%), Selenium: 4.15µg (5.93%), Phosphorus: 39.25mg (3.92%), Vitamin A: 179.15IU (3.58%), Potassium: 123.35mg (3.52%), Vitamin B12: 0.19µg (3.22%), Fiber: 0.8g (3.2%), Calcium: 31mg (3.1%), Vitamin B3: 0.61mg (3.06%), Zinc: 0.43mg (2.86%), Vitamin B6: 0.06mg (2.76%), Vitamin B2: 0.04mg (2.63%), Iron: 0.29mg (1.59%), Vitamin C: 1.3mg (1.57%)