



Blue Cheese and Beef Meatballs

READY IN



45 min.

SERVINGS



22

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces cheese blue crumbled
- ☐ 1 cup bread crumbs fresh
- ☐ 2 eggs
- ☐ 1.5 pounds ground beef
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup onion diced
- ☐ 22 servings salt to taste

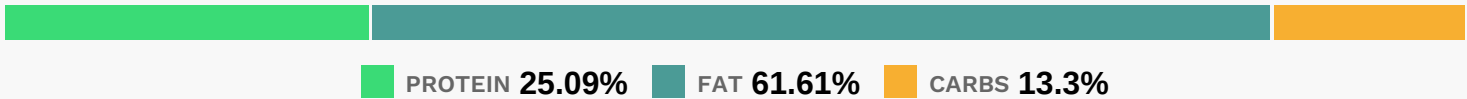
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a jelly roll pan with aluminum foil.
- ☐ Mix ground beef, bread crumbs, eggs, blue cheese, onion, pepper, and salt together in a bowl; shape into 22 meatballs and arrange onto prepared pan.
- ☐ Bake meatballs until they are very firm, hot, and grey in the center, about 30 minutes. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:3.91, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:4.3860869627932%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 123.37kcal (6.17%), Fat: 8.31g (12.78%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.75g (1.36%), Sugar: 0.5g (0.55%), Cholesterol: 40.7mg (13.57%), Sodium: 315.55mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.23%), Vitamin B12: 0.78µg (12.96%), Selenium: 7.87µg (11.24%), Zinc: 1.56mg (10.4%), Phosphorus: 85.92mg (8.59%), Vitamin B3: 1.69mg (8.46%), Vitamin B6: 0.13mg (6.28%), Vitamin B2: 0.1mg (6.15%), Iron: 0.93mg (5.19%), Calcium: 45.06mg (4.51%), Vitamin B1: 0.07mg (4.37%), Vitamin B5: 0.34mg (3.38%), Potassium: 117.49mg (3.36%), Folate: 11.85µg (2.96%), Manganese: 0.06mg (2.89%), Magnesium: 9.44mg (2.36%), Copper: 0.04mg (1.91%), Vitamin E: 0.19mg (1.24%), Vitamin A: 61.13IU (1.22%), Fiber: 0.29g (1.15%), Vitamin K: 1.07µg (1.02%)