



Cheese-Filled Eyeballs

READY IN



45 min.

SERVINGS



48

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup breadcrumbs italian
- 3 eggs slightly beaten
- 2 lb ground round
- 24 oz tomatoes
- 2.3 oz olives ripe drained sliced canned
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 8 oz individual string cheese sticks

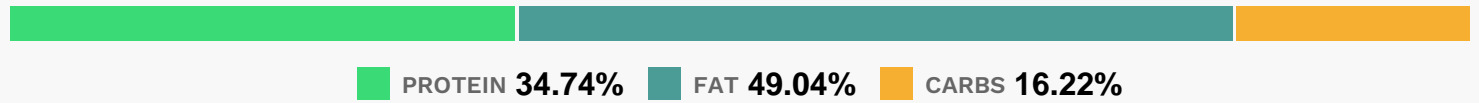
Equipment

- bowl
- oven

Directions

- Heat oven to 375F. Spray 2 (15x10x1-inch) pans with cooking spray. In large bowl, mix beef, bread crumbs, salt, pepper and eggs. Shape into 48 (1-inch) balls.
- Place in pans.
- Cut each cheese stick into 6 pieces. Gently press a piece of cheese into each meatball.
- Bake uncovered 20 to 25 minutes or until meatballs are thoroughly cooked and no longer pink in center.
- Place olive slice over cheese on each meatball.
- Serve with warm marinara sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:2.9699999923291%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 64.98kcal (3.25%), Fat: 3.53g (5.43%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.66g (0.74%), Cholesterol: 25.07mg (8.36%), Sodium: 182.13mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Vitamin B12: 0.45µg (7.5%), Zinc: 1.01mg (6.7%), Selenium: 4.65µg (6.64%), Vitamin B3: 1.25mg (6.27%), Phosphorus: 47.85mg (4.78%), Vitamin B6: 0.09mg (4.58%), Iron: 0.73mg (4.03%), Vitamin B2: 0.06mg (3.56%), Potassium: 111.81mg (3.19%), Vitamin E: 0.35mg (2.31%), Vitamin B1: 0.03mg (2.3%), Vitamin B5: 0.21mg (2.1%), Manganese: 0.04mg (2.06%), Copper: 0.04mg (1.98%), Magnesium: 7.39mg (1.85%), Vitamin A: 82.22IU (1.64%), Folate: 6.15µg (1.54%), Fiber: 0.36g (1.45%), Calcium: 14.06mg (1.41%), Vitamin C: 0.99mg (1.2%)