



Cheese Stuffed Meatball Skewers

READY IN



125 min.

SERVINGS



25

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 lb ground beef 85% lean (at least)
- ☐ 0.3 cup breadcrumbs italian progresso®
- ☐ 3 oz cheddar cheese cut into 24 (1/2-inch) cubes
- ☐ 16 oz regular crescent rolls refrigerated pillsbury® crescent recipe creations® canned
- ☐ 1 eggs beaten
- ☐ 3 cloves garlic finely chopped
- ☐ 1 tablespoon milk
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 3 tablespoons sesame seed
- ☐ 2 tablespoon worcestershire sauce
- ☐ 4 inch frangelico
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 400°F. Line 15x10x1-inch pan with foil; spray foil with cooking spray.
- ☐ In large bowl, mix beef, egg, bread crumbs, Worcestershire sauce, garlic, salt and pepper. Shape mixture into 24 (1 1/2-inch) balls. Press 1 cheese cube into center of each ball, sealing it inside. Gently place in pan.
- ☐ Bake 20 to 25 minutes or until thoroughly cooked and no longer pink in center.
- ☐ Reduce oven temperature to 375°F. Unroll both cans of dough onto 2 ungreased cookie sheets to form two 12x8-inch rectangles; if using crescent roll dough, firmly press perforations to seal.
- ☐ Brush with milk and sprinkle sesame seed evenly over dough.
- ☐ Bake at 375°F 10 to 12 minutes or until golden brown. Cool completely, about 20 minutes.
- ☐ Cut each crescent sheet into 24 (2x2-inch) squares.
- ☐ To serve, place 1 crescent square on skewer; add lettuce, tomato, meatball, pickle slice, ketchup and mustard. Top with another crescent square.

Nutrition Facts



 PROTEIN **20.46%**  FAT **59.02%**  CARBS **20.52%**

Properties

Glycemic Index:6.48, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:4.5147826373577%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 169.68kcal (8.48%), Fat: 11.22g (17.27%), Saturated Fat: 4.56g (28.51%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 8.6g (3.13%), Sugar: 2.07g (2.3%), Cholesterol: 34.7mg (11.57%), Sodium: 263.62mg (11.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.51%), Vitamin B12: 0.85µg (14.1%), Zinc: 1.87mg (12.49%), Selenium: 7.91µg (11.3%), Vitamin B3: 1.82mg (9.09%), Phosphorus: 90.94mg (9.09%), Vitamin B6: 0.14mg (7.23%), Iron: 1.3mg (7.2%), Vitamin B2: 0.09mg (5.17%), Calcium: 44.78mg (4.48%), Potassium: 132.2mg (3.78%), Copper: 0.07mg (3.64%), Magnesium: 11.87mg (2.97%), Vitamin B5: 0.25mg (2.51%), Vitamin B1: 0.04mg (2.47%), Manganese: 0.05mg (2.34%), Folate: 5.93µg (1.48%), Vitamin E: 0.18mg (1.22%)