



Cheesy Meatball Skillet

READY IN



30 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 beef bouillon cubes dissolved in 1/2 cup boiling water
- 0.5 cup knudsen cream sour
- 0.3 cup 1/4 cup kraft zesty italian dressing italian divided kraft
- 1 lb ground beef lean
- 0.5 cup saltines crushed
- 1 cup cheddar cheese shredded kraft

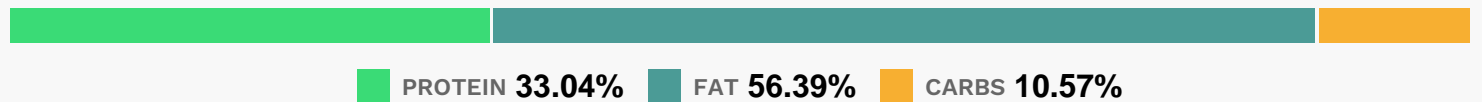
Equipment

- frying pan

Directions

- Mix meat, cracker crumbs and 2 Tbsp. of the dressing until blended. Shape into 32 (1-inch) balls.
- Heat remaining dressing in nonstick skillet on medium-high heat.
- Add meatballs; cook 8 min. or until browned, turning occasionally.
- Add bouillon; simmer 5 min. or until meatballs are cooked through (160F).
- Stir in sour cream; cook 30 sec. or until heated through but not simmering, stirring frequently.
- Remove from heat.
- Sprinkle with cheese; cover.
- Remove from heat; let stand 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:17.067391126052%

Nutrients (% of daily need)

Calories: 401.07kcal (20.05%), Fat: 24.75g (38.07%), Saturated Fat: 11.48g (71.73%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 10.19g (3.7%), Sugar: 2.92g (3.24%), Cholesterol: 115.56mg (38.52%), Sodium: 736.69mg (32.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.62g (65.25%), Vitamin B12: 2.92µg (48.63%), Zinc: 6.98mg (46.51%), Selenium: 30.26µg (43.23%), Phosphorus: 389.14mg (38.91%), Vitamin B3: 6.89mg (34.44%), Vitamin B6: 0.49mg (24.74%), Calcium: 243.14mg (24.31%), Vitamin B2: 0.4mg (23.56%), Iron: 3.31mg (18.4%), Potassium: 479.71mg (13.71%), Vitamin K: 11.9µg (11.33%), Vitamin B5: 0.99mg (9.86%), Magnesium: 38.7mg (9.67%), Vitamin A: 467.56IU (9.35%), Vitamin B1: 0.13mg (8.45%), Vitamin E: 1.06mg (7.07%), Folate: 25.37µg (6.34%), Copper: 0.12mg (5.84%), Manganese: 0.1mg (4.95%), Vitamin D: 0.28µg (1.89%)