



## Cheesy Volcano Meatballs

READY IN



24 min.

SERVINGS



24

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 cheddar cheese cubes kraft
- 4 hot dog buns
- 1 lb ground beef lean
- 0.3 cup parmesan cheese grated kraft
- 0.8 cup classico family favorites pasta sauce divided traditional
- 6 ritz crackers crushed finely

### Equipment

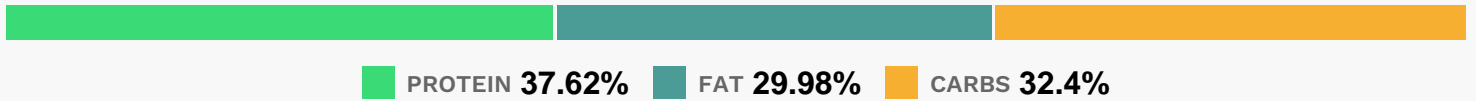
- bowl

- frying pan
- oven
- microwave

## Directions

- Heat oven to 400F.
- Mix meat, cracker crumbs, Parmesan and 1/4 cup pasta sauce just until blended. Shape into 12 balls, using about 2 Tbsp. meat mixture for each.
- Place, 2 inches apart, in shallow pan sprayed with cooking spray. Press 1 cheese cube deeply into center of each meatball.
- Bake 14 min. or until meatballs are done (160F).
- Microwave remaining sauce in microwaveable bowl on HIGH 30 sec. or until heated through. Fill buns with meatballs and sauce just before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.58, Glycemic Load:2.26, Inflammation Score:-1, Nutrition Score:3.1826087029084%

## Nutrients (% of daily need)

Calories: 57.61kcal (2.88%), Fat: 1.88g (2.89%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.31g (1.57%), Sugar: 0.85g (0.95%), Cholesterol: 13.12mg (4.37%), Sodium: 111.87mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Selenium: 5.8µg (8.29%), Vitamin B12: 0.46µg (7.61%), Zinc: 1.1mg (7.32%), Vitamin B3: 1.45mg (7.24%), Phosphorus: 57.58mg (5.76%), Iron: 0.81mg (4.47%), Vitamin B6: 0.09mg (4.38%), Vitamin B2: 0.06mg (3.78%), Vitamin B1: 0.05mg (3.45%), Potassium: 99.97mg (2.86%), Manganese: 0.05mg (2.71%), Calcium: 26.87mg (2.69%), Folate: 9µg (2.25%), Magnesium: 7.58mg (1.89%), Copper: 0.03mg (1.63%), Vitamin B5: 0.15mg (1.53%), Vitamin E: 0.22mg (1.45%), Fiber: 0.26g (1.04%)