



Chewandswallow Meatballs

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs dried
- ☐ 1 eggs beaten
- ☐ 1 pound ground beef
- ☐ 6 servings kosher salt and pepper
- ☐ 26 ounce tomatoes
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup tomato paste
- ☐ 2 ounces cheddar white grated
- ☐ 1 medium onion yellow finely chopped

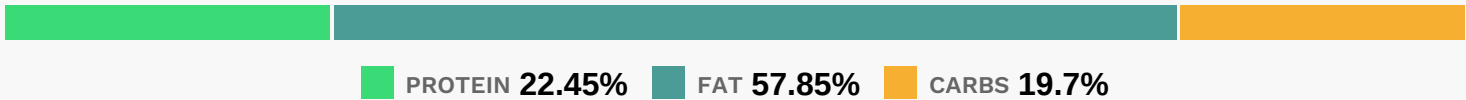
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large bowl, gently combine the onion, beef, tomato paste, bread crumbs, Cheddar, egg, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper. Shape into 20 meatballs.
- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Add the meatballs and brown on all sides, about 7 minutes total.
- ☐ Add the sauce to the pan and bring to a boil. Reduce heat and simmer 5 to 6 minutes, until the meatballs are cooked through. Divide the meatballs and sauce among individual plates.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:3.27, Inflammation Score:-7, Nutrition Score:16.289130454478%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 343.01kcal (17.15%), Fat: 22.28g (34.27%), Saturated Fat: 8.34g (52.15%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 14.05g (5.11%), Sugar: 7.1g (7.89%), Cholesterol: 90.4mg (30.13%), Sodium: 1051.86mg (45.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.46g (38.91%), Vitamin B12: 1.81µg (30.25%), Selenium: 19.94µg (28.49%), Zinc: 4.1mg (27.35%), Vitamin B3: 5.38mg (26.89%), Phosphorus: 239.64mg (23.96%), Vitamin B6: 0.44mg (22%), Potassium: 741.54mg (21.19%), Vitamin E: 3.04mg (20.29%), Iron: 3.6mg (20.01%), Vitamin B2: 0.32mg (19.11%), Vitamin A: 833.06IU (16.66%), Vitamin C: 12.35mg (14.97%), Manganese: 0.28mg (14.09%), Copper: 0.27mg (13.29%), Calcium: 126.48mg (12.65%), Fiber: 3.01g (12.03%), Vitamin B1: 0.17mg (11.31%), Magnesium: 45mg (11.25%), Vitamin B5: 1mg (9.98%), Folate: 36.2µg (9.05%), Vitamin K: 8.37µg (7.97%), Vitamin D: 0.28µg (1.86%)