



Cinnamon-Garlic Meatballs (with Tomato Sauce and Feta)

READY IN



20 min.

SERVINGS



25

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 large eggs
- ☐ 1 cup tomato sauce and 2 ounces feta cheese jarred for serving
- ☐ 1 garlic clove finely chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 pound ground pork
- ☐ 1 teaspoon kosher salt

☐ 0.3 cup onion white yellow minced

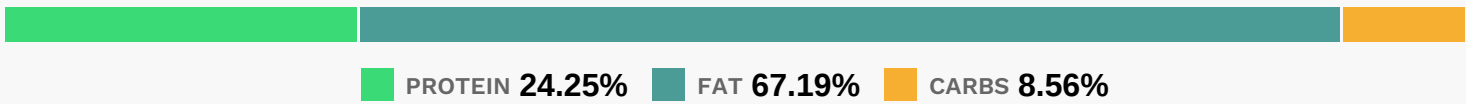
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Combine all ingredients, except the tomato sauce and cheese, in a large bowl and mix until just combined. Moisten hands, and gently form mixture into 1-inch meatballs (you should have about 2
- ☐ and place on a baking sheet. (Meatballs can be made through this step up to 24 hours ahead and stored covered in the refrigerator; let come to room temperature 10 minutes before baking.)
- ☐ Bake until meatballs are warmed through and almost cooked, about 15 minutes. (Meatballs can be made through this step up to 1 1/2 hours ahead and kept in a warm oven until ready to serve.)
- ☐ Remove meatballs from oven, toss with tomato sauce, and sprinkle with feta cheese. Return to oven and bake until meatballs are completely cooked, tomato sauce is warmed through, and cheese is melted, about 5 more minutes. Skewer meatballs with toothpicks and serve.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.9547826265511%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 73.23kcal (3.66%), Fat: 5.41g (8.32%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.17g (0.19%), Cholesterol: 25.84mg (8.61%), Sodium: 185.06mg (8.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin B1: 0.16mg (10.52%), Selenium: 6.37µg (9.1%), Vitamin B2: 0.11mg (6.4%), Phosphorus: 59.04mg (5.9%), Vitamin B6: 0.1mg (5.18%), Vitamin B3: 0.95mg (4.74%), Vitamin B12: 0.25µg (4.19%), Zinc: 0.62mg (4.16%), Calcium: 37.41mg (3.74%), Vitamin B5: 0.22mg (2.21%), Manganese: 0.04mg (1.91%), Potassium: 64.82mg (1.85%), Iron: 0.32mg (1.77%), Magnesium: 5.72mg (1.43%), Folate: 5.62µg (1.41%)