



Easy Baked Parmesan Meatballs

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs
- 0.3 cup parsley fresh chopped
- 1 clove garlic minced
- 1 lb ground beef lean
- 0.3 cup parmesan cheese grated kraft

Equipment

- baking sheet
- oven

aluminum foil

Directions

- Heat oven to 375F.
- Mix ingredients just until blended; shape into 12 meatballs.
- Place on foil-covered rimmed baking sheet.
- Bake 25 min. or until done (160F).

Nutrition Facts

PROTEIN 56.22% **FAT 40.61%** **CARBS 3.17%**

Properties

Glycemic Index:1.55, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.6539130306438%

Flavonoids

Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 20.86kcal (1.04%), Fat: 0.91g (1.4%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 0.16g (0.05%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.01g (0.01%), Cholesterol: 11.85mg (3.95%), Sodium: 23.85mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin K: 6.2µg (5.91%), Vitamin B12: 0.28µg (4.58%), Zinc: 0.63mg (4.22%), Selenium: 2.61µg (3.73%), Vitamin B3: 0.63mg (3.15%), Phosphorus: 30.25mg (3.02%), Vitamin B6: 0.05mg (2.41%), Iron: 0.32mg (1.76%), Vitamin B2: 0.03mg (1.57%), Potassium: 44.67mg (1.28%)