



Easy Cheesy Meatballs

READY IN



45 min.

SERVINGS



45

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 tsp pepper black
- 0.3 cup bread crumbs dry italian-style
- 1 lb ground beef lean
- 0.3 cup milk
- 0.5 cup parmesan cheese divided grated kraft
- 24 oz classico family favorites pasta sauce traditional

Equipment

- bowl

- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Mix bread crumbs and milk in medium bowl.
- Let stand 15 min.
- Heat oven to 350F.
- Add meat, 1/4 cup cheese and pepper to bread crumb mixture; mix just until blended. Shape into 36 meatballs, each about 1 inch in diameter.
- Place in single layer on foil-covered rimmed baking sheet.
- Bake 20 min. or until done (160F). Meanwhile, heat pasta sauce in small saucepan on medium heat.
- Transfer meatballs to platter; top with sauce.
- Sprinkle with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:1.8991304227839%

Nutrients (% of daily need)

Calories: 26.1kcal (1.31%), Fat: 0.95g (1.46%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.65g (0.73%), Cholesterol: 7.38mg (2.46%), Sodium: 104.14mg (4.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin B12: 0.25µg (4.18%), Zinc: 0.61mg (4.08%), Vitamin B3: 0.76mg (3.8%), Selenium: 2.46µg (3.52%), Phosphorus: 33.78mg (3.38%), Vitamin B6: 0.06mg (2.85%), Potassium: 85.5mg (2.44%), Iron: 0.43mg (2.38%), Vitamin B2: 0.04mg (2.06%), Vitamin E: 0.25mg (1.69%), Calcium: 16mg (1.6%), Vitamin A: 77.31IU (1.55%), Copper: 0.03mg (1.39%), Magnesium: 5.39mg (1.35%), Manganese: 0.03mg (1.31%), Vitamin C: 1.06mg (1.28%), Vitamin B5: 0.12mg (1.25%), Vitamin B1: 0.02mg (1.1%), Fiber: 0.26g (1.06%)