



Easy Meatballs

READY IN



40 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs italian-style
- 1 eggs
- 1 lb ground beef 80% lean (at least)
- 0.3 cup milk
- 0.3 cup onion finely chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.5 teaspoon worcestershire sauce

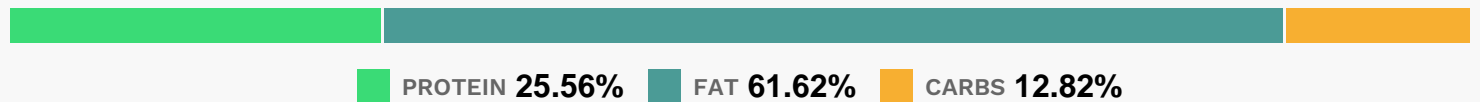
Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 400F. Line 13x9-inch pan with foil; spray with cooking spray.
- In large bowl, mix all ingredients. Shape mixture into 20 to 24 (1 1/2-inch) meatballs.
- Place 1 inch apart in pan.
- Bake uncovered 18 to 22 minutes or until no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:13.399999960609%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 371.13kcal (18.56%), Fat: 24.94g (38.37%), Saturated Fat: 9.5g (59.36%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 10.86g (3.95%), Sugar: 2.11g (2.35%), Cholesterol: 123.26mg (41.09%), Sodium: 497.07mg (21.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.28g (46.56%), Vitamin B12: 2.65µg (44.24%), Selenium: 24.14µg (34.48%), Zinc: 5.16mg (34.41%), Vitamin B3: 5.73mg (28.66%), Phosphorus: 242.17mg (24.22%), Vitamin B6: 0.42mg (21.15%), Vitamin B2: 0.3mg (17.5%), Iron: 3.12mg (17.33%), Vitamin B1: 0.2mg (13.17%), Potassium: 393.01mg (11.23%), Vitamin B5: 0.88mg (8.83%), Manganese: 0.17mg (8.43%), Magnesium: 29.55mg (7.39%), Calcium: 73.87mg (7.39%), Folate: 29.53µg (7.38%), Copper: 0.12mg (5.95%), Vitamin E: 0.6mg (4.02%), Vitamin D: 0.5µg (3.34%), Fiber: 0.81g (3.24%), Vitamin K: 3.26µg (3.11%), Vitamin A: 85.58IU (1.71%), Vitamin C: 0.84mg (1.02%)