



Easy Sheet-Pan Meatballs

 Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 0.5 cup onion finely chopped (1 medium)
- ☐ 0.3 cup breadcrumbs italian
- ☐ 0.3 cup catsup
- ☐ 0.3 teaspoon pepper
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 lb sausage meat italian

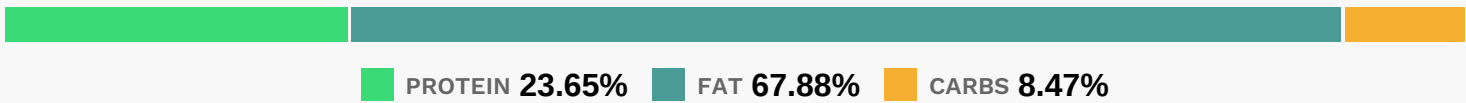
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425°F. Line 15x10x1-inch baking pan with foil; spray foil with nonstick cooking spray. In large bowl, beat egg. Stir in all remaining ingredients.
- ☐ In sprayed foil-lined pan, shape beef mixture into 8-inch square.
- ☐ Cut into 25 squares; do not separate.
- ☐ Bake 20 to 25 minutes or until meatballs are thoroughly cooked and no longer pink in center. With sharp knife, cut apart meatballs.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:12.964347860088%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 421kcal (21.05%), Fat: 31.33g (48.2%), Saturated Fat: 11.3g (70.63%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 8.22g (2.99%), Sugar: 3.6g (4%), Cholesterol: 129.8mg (43.27%), Sodium: 510.79mg (22.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.12%), Vitamin B12: 2.42µg (40.4%), Zinc: 5.02mg (33.45%), Vitamin B3: 6.52mg (32.62%), Selenium: 17.84µg (25.48%), Vitamin B6: 0.49mg (24.59%), Phosphorus: 238.82mg (23.88%), Vitamin B2: 0.28mg (16.24%), Iron: 2.76mg (15.35%), Vitamin B1: 0.23mg (15.22%), Potassium: 438.57mg (12.53%), Vitamin B5: 0.95mg (9.51%), Magnesium: 28.48mg (7.12%), Copper: 0.12mg (6.16%), Vitamin D: 0.86µg (5.71%), Manganese: 0.11mg (5.44%), Folate: 20.85µg (5.21%), Vitamin E: 0.73mg (4.9%), Calcium: 41.14mg

(4.11%), Vitamin A: 143.97IU (2.88%), Vitamin K: 2.78µg (2.65%), Vitamin C: 1.99mg (2.42%), Fiber: 0.58g (2.31%)