

Enchilada Meatballs

READY IN



45 min.

SERVINGS



6

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce tomato sauce canned
- ☐ 2 cups cornbread crumbled
- ☐ 10 ounce enchilada sauce divided canned
- ☐ 1.5 pounds ground beef chuck
- ☐ 0.5 teaspoon salt
- ☐ 1 cup mexican cheese blend shredded divided

Equipment

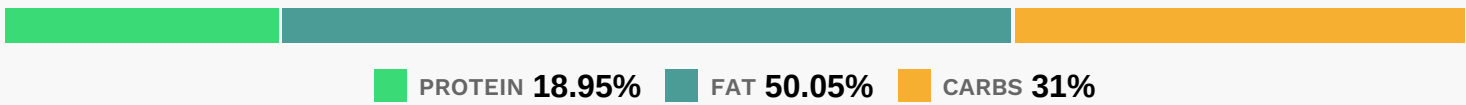
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, combine the cornbread, half of the enchilada sauce, half of the cheese, and the salt. Crumble the beef into the mixture, and blend well using your hands. Shape meat into 1 inch balls, and place on a 10x15 inch jellyroll pan, or any cookie sheet with sides to catch the grease.
- ☐ Bake for 18 to 22 minutes in the preheated oven, until the meat is cooked through.
- ☐ While the meatballs are cooking, warm the tomato sauce and remaining enchilada sauce in a saucepan.
- ☐ Remove the meatballs from the pan using a slotted spoon, and place in a serving dish.
- ☐ Pour the heated sauce over them, and sprinkle the rest of the cheese on top. Provide toothpicks for serving.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:19.936086877533%

Nutrients (% of daily need)

Calories: 645.34kcal (32.27%), Fat: 35.7g (54.92%), Saturated Fat: 14.84g (92.72%), Carbohydrates: 49.75g (16.58%), Net Carbohydrates: 46.43g (16.88%), Sugar: 17.68g (19.65%), Cholesterol: 143.2mg (47.73%), Sodium: 1489.07mg (64.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.41g (60.82%), Phosphorus: 582.04mg (58.2%), Vitamin B12: 2.84µg (47.3%), Zinc: 5.93mg (39.56%), Selenium: 26.95µg (38.51%), Vitamin B3: 6.86mg (34.3%), Calcium: 256.62mg (25.66%), Iron: 4.51mg (25.04%), Vitamin B6: 0.49mg (24.55%), Vitamin B2: 0.4mg

(23.29%), Potassium: 567.3mg (16.21%), Vitamin A: 773.67IU (15.47%), Folate: 57.99µg (14.5%), Vitamin B1: 0.21mg (14.28%), Fiber: 3.33g (13.3%), Vitamin B5: 1.22mg (12.19%), Manganese: 0.24mg (12.08%), Magnesium: 44.44mg (11.11%), Vitamin E: 1.59mg (10.63%), Copper: 0.19mg (9.29%), Vitamin K: 6.75µg (6.43%), Vitamin C: 4.33mg (5.25%), Vitamin D: 0.21µg (1.38%)