



Family Pleasing Meatballs

READY IN



40 min.

SERVINGS



40

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 40 servings base recipe
- 2 bread rolls split french (6 inch)
- 0.5 cup each: carrot and celery sticks
- 4 oz pasta like spaghetti cooked
- 1 egg white
- 1 lb extra ground beef lean
- 1.5 cups classico family favorites pasta sauce traditional
- 0.3 tsp pepper
- 0.3 cup ritz reduced fat crackers crushed

- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 1 T adult variation
- 40 servings kid variation
- 1 T adul variation
- 40 servings kid variation

Equipment

- bowl
- oven
- baking pan
- microwave

Directions

- PREHEAT oven to 375F.
- Combine meat, cracker crumbs, egg white and pepper. Shape into 12 meatballs, each about 2-1/4 inches in diameter.
- Place in 15x10x1-inch baking pan sprayed with cooking spray.
- Bake 20 min. or until meatballs are cooked through.
- Pour pasta sauce into microwaveable bowl. Microwave on HIGH 2 to 3 min. or until heated through, stirring after 1-1/2 min; set aside.
- ADD 6 of the meatballs to the 1/2 cup pasta sauce in bowl; toss to coat. Spoon 3 meatballs and half of the sauce onto bottom half of each roll; sprinkle each with 2 Tbsp. cheese.
- Serve with carrots and celery. Makes 2 adult servings, one sandwich each.
- DRAIN hot spaghetti. Divide between two serving plates; top each with 3 of the meatballs, 1/2 cup of the sauce and 2 Tbsp. of the cheese. Makes 2 kid servings.

Nutrition Facts

 **PROTEIN 39.5%**  **FAT 27.55%**  **CARBS 32.95%**

Properties

Glycemic Index:6.08, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:2.0608695583499%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 35.46kcal (1.77%), Fat: 1.08g (1.66%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.8g (0.89%), Cholesterol: 8.18mg (2.73%), Sodium: 313.32mg (13.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Selenium: 3.85µg (5.5%), Vitamin B12: 0.3µg (4.94%), Zinc: 0.67mg (4.48%), Vitamin B3: 0.84mg (4.22%), Phosphorus: 36.03mg (3.6%), Vitamin B6: 0.06mg (3%), Iron: 0.48mg (2.65%), Vitamin B2: 0.04mg (2.28%), Potassium: 79.51mg (2.27%), Manganese: 0.04mg (2.2%), Magnesium: 5.98mg (1.49%), Vitamin B5: 0.13mg (1.26%), Copper: 0.03mg (1.26%), Calcium: 12.54mg (1.25%), Vitamin E: 0.17mg (1.16%), Vitamin A: 55.02IU (1.1%), Fiber: 0.27g (1.07%), Vitamin B1: 0.02mg (1.06%)