



Feta Cheese Stuffed Meatballs

READY IN



40 min.

SERVINGS



8

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 0.5 cup feta cheese crumbled
- 1 tablespoon garlic minced
- 1 pound ground beef
- 1 tablespoon ground pepper black
- 1 pound ground pork
- 0.3 cup italian-seasoned bread crumbs
- 1 tablespoon penzey's southwest seasoning italian
- 1 ounce onion soup mix

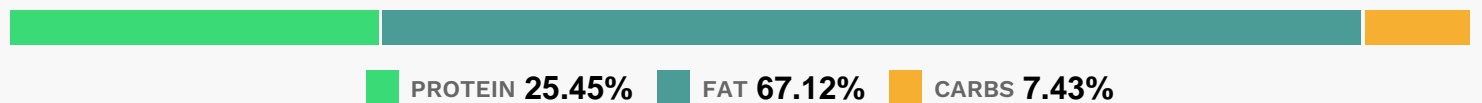
Equipment

- bowl
- frying pan
- baking sheet
- oven
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 425 degrees F (220 degrees C). Lightly spray a baking sheet with cooking spray.
- Mix ground beef, ground pork, bread crumbs, onion soup mix, egg, pepper, Italian seasoning, and garlic together in a bowl. Form a 2 to 3-inch meatball around 1 1/2 teaspoons feta cheese.
- Place stuffed meatballs on the prepared baking sheet.
- Bake in the preheated oven for 10 minutes. Turn meatballs and continue baking until browned and cooked through, 10 to 20 more minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).
- Remove from oven and transfer meatballs to a separate pan and tent with aluminum foil for 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:13.749130295671%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 355.62kcal (17.78%), Fat: 26.17g (40.26%), Saturated Fat: 10.31g (64.43%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 5.63g (2.05%), Sugar: 0.44g (0.49%), Cholesterol: 109.92mg (36.64%), Sodium: 519.59mg (22.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.32g (44.65%), Selenium: 26.86µg (38.37%), Vitamin B1: 0.51mg (33.73%), Vitamin B12: 1.83µg (30.51%), Zinc: 4.09mg (27.26%), Vitamin B3: 5.28mg (26.41%), Phosphorus: 249.05mg (24.9%), Vitamin B6: 0.5mg (24.88%), Vitamin B2: 0.35mg (20.73%), Iron: 2.3mg (12.8%), Potassium: 385.28mg (11.01%), Manganese: 0.22mg (10.98%), Calcium: 94.45mg (9.44%), Vitamin B5: 0.91mg (9.14%), Vitamin K: 8.11µg (7.72%), Magnesium: 29.92mg (7.48%), Copper: 0.11mg (5.28%), Folate: 18.49µg (4.62%), Fiber: 0.89g (3.58%), Vitamin E: 0.44mg (2.96%), Vitamin A: 95.82IU (1.92%), Vitamin D: 0.2µg (1.36%), Vitamin C: 0.94mg (1.15%)