



Great-Grandma Turano's Meatballs

READY IN



45 min.

SERVINGS



37

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 37 servings barbecue sauce
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 teaspoon fennel seeds
- ☐ 1 cup parsley fresh chopped
- ☐ 2 pounds ground beef
- ☐ 1 cup seasoned bread crumbs
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 40 inch frangelico
- ☐ 40 inch frangelico

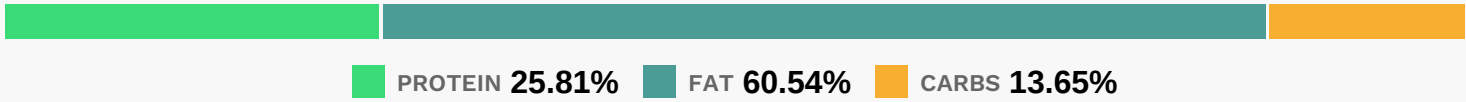
Equipment

- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Combine ground beef, breadcrumbs, Parmesan cheese, parsley, eggs, salt, fennel seeds, and pepper. Shape into 37 (1 1/2-inch) balls. Freeze up to 1 month. When ready to use, let stand at room temperature 10 minutes. Thread meatballs 1/8 inch apart onto metal skewers. Grill, covered with grill lid, at 350 to 400 (medium-high) heat 3 to 4 minutes on each side or until centers are no longer pink, basting with barbecue sauce during last 3 minutes.
- ☐ Serve on skewers or buns.

Nutrition Facts



Properties

Glycemic Index:1.73, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:4.7726087025974%

Flavonoids

Apigenin: 3.49mg, Apigenin: 3.49mg, Apigenin: 3.49mg, Apigenin: 3.49mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg

Nutrients (% of daily need)

Calories: 92.33kcal (4.62%), Fat: 6.12g (9.41%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.87g (1.04%), Sugar: 0.54g (0.6%), Cholesterol: 29.85mg (9.95%), Sodium: 153.54mg (6.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Vitamin K: 28.62µg (27.26%), Vitamin B12: 0.6µg (9.94%), Selenium: 6.27µg (8.96%), Zinc: 1.24mg (8.29%), Phosphorus: 68.19mg (6.82%), Vitamin B3: 1.27mg (6.34%), Vitamin B6: 0.09mg (4.69%), Iron: 0.81mg (4.48%), Vitamin B2: 0.07mg (4.33%), Calcium: 38.53mg (3.85%), Vitamin A: 183.17IU (3.66%), Vitamin B1: 0.05mg (3.01%), Vitamin C: 2.25mg (2.73%), Potassium: 94.11mg (2.69%), Folate: 9.5µg (2.37%), Manganese: 0.04mg (2.2%), Vitamin B5: 0.2mg (2.02%), Magnesium: 7.95mg

(1.99%), Copper: 0.03mg (1.47%), Vitamin E: 0.17mg (1.14%)