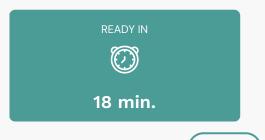


Healthy Meatballs







LUNCH)

MAIN COURSE

MAIN DISH

DINNER

Ingredients

1.5 lbs ground beef	lean

0.8 cup seasoned bread crumbs italian

0.5 cup parmesan

1 tablespoon spices: paprika powder 1 italian

0.5 teaspoon garlic powder

0.3 cup egg substitute

Equipment

steamer basket

Directions Mix all ingredients together and form into 11/2 inch balls. Put in top of steamer basket. Put 1/4 cup water in bottom of steamer. Cover and cook 5 to 8 mins on high or until cooked through. Rinse under HOT water for about 5 minutes. Use in normal way you would use meatballs. To freeze, flash freeze meatballs and then place in a freezer bag. Use as many or as few as needed. Makes about 20 meatballs 3 per serving. Nutrition Facts

Properties

Glycemic Index:4, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:12.212608617285%

Nutrients (% of daily need)

Calories: 190.89kcal (9.54%), Fat: 6.58g (10.12%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 8.03g (2.92%), Sugar: 0.91g (1.01%), Cholesterol: 57.09mg (19.03%), Sodium: 321.98mg (14%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 22.86g (45.71%), Vitamin B12: 2.05µg (34.08%), Zinc: 4.76mg (31.72%), Selenium: 22.2µg (31.71%), Vitamin B3: 5.41mg (27.06%), Phosphorus: 238.74mg (23.87%), Vitamin B6: 0.37mg (18.72%), Iron: 2.94mg (16.31%), Vitamin B2: 0.23mg (13.8%), Manganese: 0.24mg (12.08%), Calcium: 112.87mg (11.29%), Vitamin B1: 0.16mg (10.41%), Potassium: 349.19mg (9.98%), Vitamin B5: 0.77mg (7.7%), Magnesium: 28.93mg (7.23%), Vitamin K: 5.77µg (5.49%), Copper: 0.1mg (5.06%), Folate: 19.55µg (4.89%), Vitamin E: 0.42mg (2.77%), Fiber: 0.68g (2.72%), Vitamin A: 89.36IU (1.79%), Vitamin D: 0.24µg (1.58%)