



Healthy Meatballs

READY IN



18 min.

SERVINGS



8

CALORIES



191 kcal

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 1 1/2 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

 **PROTEIN 49.29%**  **FAT 31.92%**  **CARBS 18.79%**

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: 0g (100%), Alcohol %: 0% (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%)