



How to Make Italian Meatballs

 Popular

READY IN



135 min.

SERVINGS



30

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bread crumbs plain
- 2 eggs
- 0.3 bunch parsley fresh chopped
- 3 cloves garlic crushed
- 1 pound ground beef
- 1 teaspoon ground pepper black
- 1 pound ground pork
- 0.5 cup milk

- 2 tablespoons olive oil
- 1 onion diced
- 2 tablespoons parmesan cheese grated
- 0.5 teaspoon pepper flakes red
- 2 teaspoons salt
- 1 teaspoon herb seasoning dried italian

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil
- spatula

Directions

- Cover a baking sheet with foil and spray lightly with cooking spray.
- Soak bread crumbs in milk in a small bowl for 20 minutes.
- Heat olive oil in a skillet over medium heat. Cook and stir onions in hot oil until translucent, about 20 minutes.
- Mix beef and pork together in a large bowl. Stir onions, bread crumb mixture, eggs, parsley, garlic, salt, black pepper, red pepper flakes, Italian herb seasoning, and Parmesan cheese into meat mixture with a rubber spatula until combined. Cover and refrigerate for about one hour.
- Preheat an oven to 425 degrees F (220 degrees C).
- Using wet hands, form meat mixture into balls about 1 1/2 inches in diameter. Arrange onto prepared baking sheet.
- Bake in the preheated oven until browned and cooked through, 15 to 20 minutes.

Nutrition Facts



■ PROTEIN 23.84% ■ FAT 69.18% ■ CARBS 6.98%

Properties

Glycemic Index:5.47, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:4.1182608656261%

Flavonoids

Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 101.98kcal (5.1%), Fat: 7.75g (11.92%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.45g (0.5%), Cholesterol: 33.31mg (11.1%), Sodium: 195.04mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Selenium: 7.46µg (10.66%), Vitamin K: 9.92µg (9.44%), Vitamin B1: 0.14mg (9.03%), Vitamin B12: 0.49µg (8.1%), Zinc: 1.07mg (7.15%), Vitamin B3: 1.41mg (7.03%), Phosphorus: 66.6mg (6.66%), Vitamin B6: 0.13mg (6.35%), Vitamin B2: 0.09mg (5.06%), Iron: 0.66mg (3.66%), Potassium: 110.17mg (3.15%), Vitamin B5: 0.26mg (2.56%), Calcium: 21.8mg (2.18%), Manganese: 0.04mg (2.17%), Magnesium: 8.21mg (2.05%), Vitamin E: 0.28mg (1.87%), Vitamin A: 79.53IU (1.59%), Folate: 6.33µg (1.58%), Vitamin C: 1.11mg (1.34%), Copper: 0.03mg (1.34%)