

Taste of Home

Italian Meatball Seasoning

READY IN



40 min.

SERVINGS



24

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices sandwich bread white cut into thirds
- 8 teaspoons oregano dried
- 8 teaspoons parsley dried
- 4 teaspoons basil dried
- 4 teaspoons marjoram dried
- 3 teaspoons garlic powder
- 2 teaspoons lawry's seasoned salt
- 2 eggs
- 0.5 cup milk

- 0.5 cup parmesan cheese grated
- 1 garlic clove minced
- 0.1 teaspoon pepper
- 1 pound ground beef
- 2 tablespoons vegetable oil

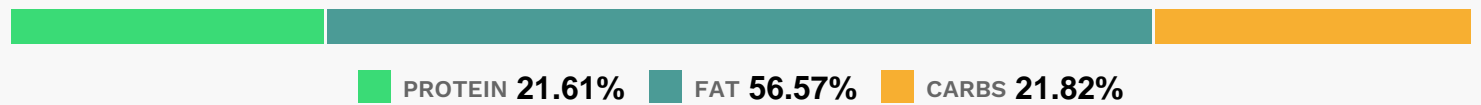
Equipment

- food processor
- baking sheet
- oven
- blender

Directions

- Preheat oven to 200°.
- Place bread on an ungreased baking sheet.
- Bake for 20 minutes. Turn; bake until dried, 15–20 minutes longer.
- Place bread in a blender or food processor; cover and process until crumbly.
- Add seasonings. Store in an airtight container in a cool, dry place for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:3.05, Inflammation Score:-6, Nutrition Score:4.3852174437564%

Flavonoids

Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg

Nutrients (% of daily need)

Calories: 101.34kcal (5.07%), Fat: 6.35g (9.77%), Saturated Fat: 2.24g (14%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 4.92g (1.79%), Sugar: 0.75g (0.83%), Cholesterol: 29.48mg (9.83%), Sodium: 290.5mg (12.63%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Selenium: 6.87µg (9.81%), Vitamin K: 10.08µg (9.6%), Vitamin B12: 0.49µg (8.21%), Zinc: 1.07mg (7.11%), Phosphorus: 68.28mg (6.83%), Iron: 1.16mg (6.46%), Calcium: 63.49mg (6.35%), Vitamin B3: 1.25mg (6.26%), Manganese: 0.12mg (5.78%), Vitamin B2: 0.09mg (5.06%), Vitamin B6: 0.1mg (4.86%), Vitamin B1: 0.06mg (3.9%), Folate: 14.81µg (3.7%), Potassium: 96.38mg (2.75%), Magnesium: 10.76mg (2.69%), Vitamin E: 0.39mg (2.57%), Fiber: 0.59g (2.37%), Vitamin B5: 0.23mg (2.33%), Copper: 0.04mg (1.81%), Vitamin A: 60.78IU (1.22%), Vitamin D: 0.16µg (1.06%)