



Italian-Style Baked Meatballs

READY IN



30 min.

SERVINGS



30

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 eggs beaten
- 2 cloves garlic minced
- 2 lb ground beef
- 0.3 cup parmesan cheese grated kraft
- 6 oz stove top stuffing mix for chicken
- 1.3 cups water

Equipment

- frying pan

- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Mix all ingredients until well blended.
- Shape into 24 meatballs, using about 1/4 cup for each.
- Place in foil-lined 15x10x1-inch pan.
- Bake 20 min. or until done (160F).

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.7973912986724%

Nutrients (% of daily need)

Calories: 107.86kcal (5.39%), Fat: 6.83g (10.51%), Saturated Fat: 2.63g (16.45%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.36g (1.59%), Sugar: 0.48g (0.54%), Cholesterol: 33.41mg (11.14%), Sodium: 124.06mg (5.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.05%), Selenium: 8.58µg (12.25%), Vitamin B12: 0.69µg (11.49%), Zinc: 1.41mg (9.37%), Vitamin B3: 1.61mg (8.05%), Phosphorus: 68.93mg (6.89%), Vitamin B6: 0.11mg (5.73%), Vitamin B2: 0.09mg (5.01%), Iron: 0.86mg (4.79%), Folate: 13.09µg (3.27%), Vitamin B1: 0.05mg (3.24%), Potassium: 102.49mg (2.93%), Calcium: 23.07mg (2.31%), Vitamin B5: 0.22mg (2.24%), Manganese: 0.04mg (2.09%), Magnesium: 8.3mg (2.07%), Copper: 0.04mg (1.83%), Vitamin E: 0.18mg (1.21%)