

Johnsonville Italian Meatballs

READY IN



45 min.

SERVINGS



6

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup breadcrumbs dry
- 1 eggs lightly beaten
- 1 package ground sausage italian johnsonville®
- 0.3 cup milk
- 0.3 cup onion finely chopped
- 0.3 cup parmesan cheese grated

Equipment

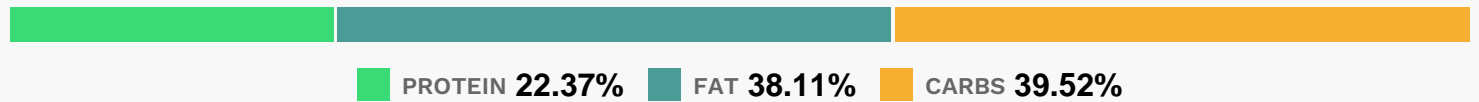
- bowl

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F.
- In a large bowl, combine the egg, bread crumbs, Parmesan cheese, milk and onion.
- Remove sausage from casings.
- Add sausage to the bread crumb mixture and mix well. Shape into 20 meatballs. Arrange meatballs on a shallow baking pan
- Bake for 20 minutes or until meatballs are cooked through (160 degrees F).
- Serve with Classico® Traditional Sweet Basil pasta sauce and spaghetti.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:2.757826084676%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 61.07kcal (3.05%), Fat: 2.57g (3.95%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.6g (2.04%), Sugar: 1.17g (1.3%), Cholesterol: 32.25mg (10.75%), Sodium: 132.6mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Selenium: 5.49µg (7.84%), Calcium: 65.99mg (6.6%), Phosphorus: 63.28mg (6.33%), Vitamin B2: 0.09mg (5.19%), Vitamin B1: 0.07mg (4.79%), Manganese: 0.07mg (3.49%), Vitamin B12: 0.2µg (3.32%), Folate: 11.4µg (2.85%), Zinc: 0.42mg (2.79%), Iron: 0.45mg (2.52%), Vitamin B3: 0.43mg (2.15%), Vitamin B5: 0.21mg (2.06%), Vitamin B6: 0.04mg (1.89%), Vitamin D: 0.28µg (1.86%), Vitamin A: 92.25IU (1.84%), Magnesium: 6.83mg (1.71%), Potassium: 54.95mg (1.57%), Fiber: 0.38g (1.53%), Copper: 0.03mg (1.25%)