



## Jumbo Homemade Meatballs

READY IN



40 min.

SERVINGS



40

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 eggs
- 1 lb ground beef lean
- 0.3 cup classic ranch dressing kraft
- 1 cup cheddar cheese shredded kraft
- 6 oz stove top stuffing mix for chicken
- 0.3 cup heinz tomato ketchup
- 0.5 cup water hot

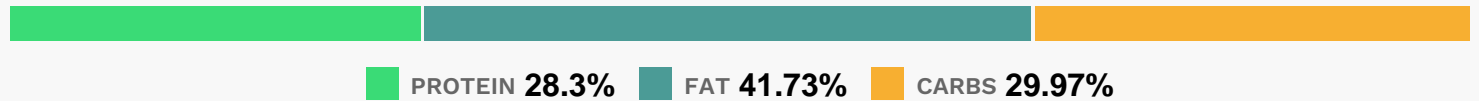
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 375F.
- Combine first 4 ingredients in large bowl.
- Add meat and cheese; mix well. Shape into 8 (2-inch) meatballs.
- Place on greased baking sheet; spread with ketchup.
- Bake 30 min. or until done (160F).

## Nutrition Facts



## Properties

Glycemic Index:0.68, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.3682608529925%

## Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 53.52kcal (2.68%), Fat: 2.45g (3.76%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.81g (1.39%), Sugar: 0.86g (0.96%), Cholesterol: 14.38mg (4.79%), Sodium: 119.07mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.47%), Selenium: 5.22µg (7.45%), Vitamin B12: 0.3µg (4.95%), Zinc: 0.74mg (4.94%), Phosphorus: 46.88mg (4.69%), Vitamin B3: 0.9mg (4.5%), Vitamin B2: 0.06mg (3.39%), Vitamin B6: 0.06mg (2.92%), Calcium: 26.54mg (2.65%), Iron: 0.47mg (2.6%), Folate: 9.06µg (2.27%), Vitamin K: 2.22µg (2.12%), Vitamin B1: 0.03mg (2.11%), Potassium: 59.97mg (1.71%), Manganese: 0.03mg (1.48%), Magnesium: 5.46mg (1.36%), Vitamin B5: 0.13mg (1.31%), Copper: 0.02mg (1.15%)