



WHATSheATE



Make-Ahead Italian Meatballs

READY IN



30 min.

SERVINGS



30

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup chili sauce
- ☐ 0.3 cup breadcrumbs dry progresso® (any flavor)
- ☐ 1 eggs
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 12 ounces pasta sauce (any variety)
- ☐ 0.1 teaspoon pepper
- ☐ 1 teaspoon salt

- ☐ 0.5 cup water cold
- ☐ 1 teaspoon mustard yellow

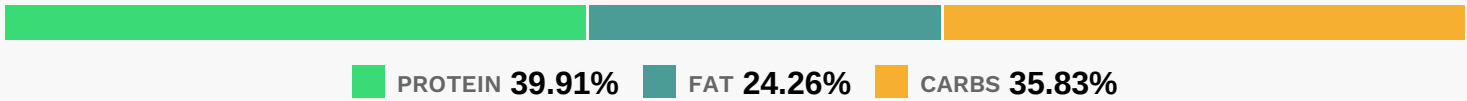
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Heat oven to 400°F.
- ☐ Mix ground beef, onion, bread crumbs, milk, egg, salt and pepper. Shape mixture into thirty 1-inch balls.
- ☐ Place in ungreased rectangular pan, 13x9x2 inches.
- ☐ Bake uncovered about 15 minutes or until no longer pink in center and juice is clear. (To serve immediately, continue as directed in step 5--except decrease simmer time to 15 minutes.)
- ☐ Place meatballs on ungreased cookie sheet. Freeze uncovered about 20 minutes or until firm.
- ☐ Place partially frozen meatballs in heavy plastic bag or freezer container. Seal, label and freeze no longer than 3 months.
- ☐ About 25 minutes before serving, mix chili sauce, water, pasta sauce and mustard in 2-quart saucepan.
- ☐ Add meatballs.
- ☐ Heat to boiling, stirring occasionally; reduce heat. Cover and simmer about 20 minutes or until meatballs are hot.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:2.8608695890592%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 41.05kcal (2.05%), Fat: 1.09g (1.68%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.91g (2.12%), Cholesterol: 15.07mg (5.02%), Sodium: 276.96mg (12.04%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.05g (8.1%), Vitamin B12: 0.37µg (6.12%), Vitamin B3: 1.18mg (5.88%), Zinc: 0.86mg (5.73%), Selenium: 3.66µg (5.23%), Vitamin B6: 0.09mg (4.67%), Phosphorus: 45.63mg (4.56%), Potassium: 131.36mg (3.75%), Iron: 0.63mg (3.53%), Vitamin B2: 0.05mg (3.13%), Vitamin C: 2.45mg (2.97%), Vitamin E: 0.4mg (2.66%), Vitamin A: 122.41IU (2.45%), Vitamin B1: 0.03mg (2.13%), Copper: 0.04mg (2.13%), Fiber: 0.5g (1.99%), Magnesium: 7.46mg (1.86%), Vitamin B5: 0.17mg (1.73%), Manganese: 0.03mg (1.53%), Folate: 5.09µg (1.27%), Calcium: 11.21mg (1.12%)