



Mastering the Meatball

READY IN



30 min.

SERVINGS



30

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup barbecue sauce kraft
- ☐ 1 cup bread crumbs dry
- ☐ 2 eggs lightly beaten
- ☐ 2 lb extra ground beef lean
- ☐ 2 tsp garlic powder
- ☐ 0.3 cup parmesan cheese grated kraft

Equipment

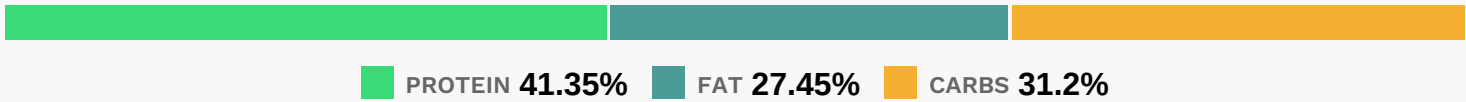
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 400F.
- ☐ Mix all ingredients just until blended.
- ☐ Shape into 48 meatballs, each about 1 inch in diameter.
- ☐ Place in 15x10x1-inch baking pan.
- ☐ Bake 20 min. or until cooked through.

Nutrition Facts



Properties

Glycemic Index:0.17, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.0904347959744%

Nutrients (% of daily need)

Calories: 76.33kcal (3.82%), Fat: 2.26g (3.48%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 5.54g (2.01%), Sugar: 2.61g (2.9%), Cholesterol: 30.39mg (10.13%), Sodium: 138.83mg (6.04%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.66g (15.33%), Vitamin B12: 0.73µg (12.12%), Zinc: 1.68mg (11.22%), Selenium: 7.5µg (10.72%), Vitamin B3: 1.95mg (9.74%), Phosphorus: 79.19mg (7.92%), Vitamin B6: 0.14mg (6.87%), Iron: 1.01mg (5.59%), Vitamin B2: 0.08mg (4.93%), Potassium: 136.32mg (3.89%), Vitamin B1: 0.05mg (3.41%), Vitamin B5: 0.27mg (2.75%), Magnesium: 9.93mg (2.48%), Manganese: 0.05mg (2.43%), Calcium: 20.84mg (2.08%), Copper: 0.04mg (2.06%), Folate: 7.03µg (1.76%), Vitamin E: 0.18mg (1.21%)