



Meatless "Meatballs"



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups potatoes mashed
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 cup pecans chopped
- ☐ 1 cup onion chopped (1 large)
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon basil dried
- ☐ 4 eggs beaten

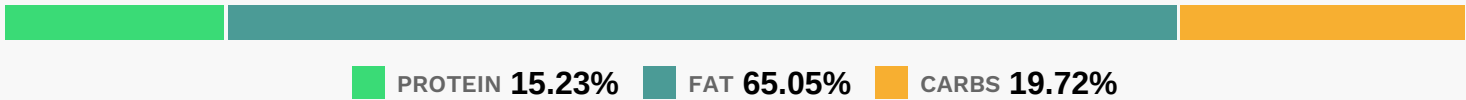
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Grease or spray 15x10x1-inch pan.
- ☐ In large bowl, mix all ingredients. Shape mixture into 24 (1 1/2-inch) balls.
- ☐ Place in pan.
- ☐ Bake uncovered 20 to 25 minutes or until brown.

Nutrition Facts



Properties

Glycemic Index:6.78, Glycemic Load:1.88, Inflammation Score:-1, Nutrition Score:3.3017391173736%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 74.92kcal (3.75%), Fat: 5.6g (8.61%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.63g (0.7%), Cholesterol: 32mg (10.67%), Sodium: 126.19mg (5.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Manganese: 0.25mg (12.36%), Phosphorus: 60.22mg (6.02%), Selenium: 3.85µg (5.5%), Calcium: 45.03mg (4.5%), Vitamin B2: 0.07mg (4.06%), Copper: 0.08mg (4.05%), Vitamin C: 3.13mg (3.79%), Vitamin B6: 0.08mg (3.78%), Zinc: 0.53mg (3.55%), Fiber: 0.87g (3.46%), Vitamin B1: 0.05mg (3.25%), Magnesium: 12.23mg (3.06%), Potassium: 101.64mg (2.9%), Iron: 0.44mg (2.45%), Folate: 9.2µg (2.3%), Vitamin B5: 0.22mg (2.24%), Vitamin B12: 0.12µg (1.92%), Vitamin A: 90.19IU (1.8%), Vitamin B3: 0.27mg (1.34%), Vitamin E: 0.18mg (1.22%), Vitamin K: 1.28µg (1.22%), Vitamin D: 0.17µg (1.17%)