



## Mexicali Appetizer Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup bread crumbs dry
- 1 eggs
- 0.7 cup a.1. original sauce
- 1.5 lb ground beef lean
- 0.7 cup taco bellâ® & chunky salsa thick

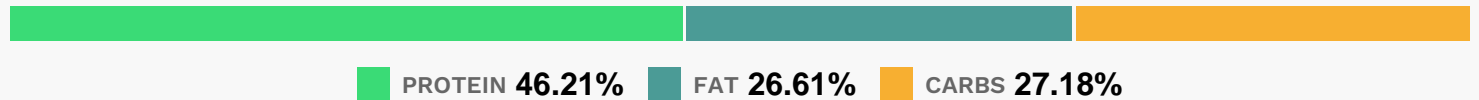
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 425F.
- Combine salsa and A.
- Mix 1/3 cup with meat, egg and bread crumbs just until blended.
- Shape into 48 (1-1/4-inch) meatballs; place on rimmed baking sheet sprayed with cooking spray.
- Bake 12 to 15 min. or until done (160F).
- Place meatballs in serving dish; add remaining salsa mixture and stir gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.8678260970375%

## Nutrients (% of daily need)

Calories: 32.25kcal (1.61%), Fat: 0.92g (1.42%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 2g (0.73%), Sugar: 1.03g (1.15%), Cholesterol: 13.01mg (4.34%), Sodium: 87.48mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin B12: 0.35µg (5.86%), Zinc: 0.81mg (5.38%), Vitamin B3: 0.95mg (4.77%), Selenium: 3.27µg (4.67%), Phosphorus: 35.09mg (3.51%), Vitamin B6: 0.07mg (3.46%), Iron: 0.45mg (2.51%), Vitamin B2: 0.03mg (2.05%), Potassium: 65.95mg (1.88%), Vitamin B1: 0.02mg (1.3%), Vitamin B5: 0.13mg (1.26%), Magnesium: 4.54mg (1.13%)