



Mini Meat Balls with Garlic and Basil Sauce

READY IN



45 min.

SERVINGS



65

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup basil
- ☐ 1 cup bread crumbs
- ☐ 2 eggs beaten
- ☐ 2 garlic cloves
- ☐ 1 teaspoon garlic powder
- ☐ 1 pound ground beef
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound ground pork
- ☐ 0.5 juice of lemon

- ☐ 1 cup mayonnaise
- ☐ 0.5 cup milk
- ☐ 1 teaspoon onion powder
- ☐ 0.5 teaspoon ground oregano
- ☐ 1 teaspoon paprika
- ☐ 65 servings salt and pepper
- ☐ 0.5 cup cup heavy whipping cream sour

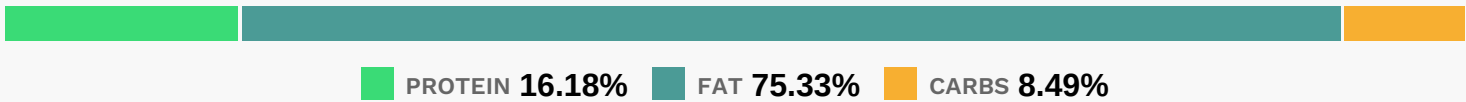
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ tongs

Directions

- ☐ To make the meatballs:In a large bowl, combine all the meatball ingredients . Knead with your hands until well mixed.Shape the mixture into mini meatballs, set them on a baking sheet. Refrigerate until ready to bake.Preheat the oven to 400F.
- ☐ Place the meatballs in the oven and bake, turning once with tongs until brown and crispy on both sides, about 15 minutes total.
- ☐ Place all the sauce ingredients in the food processor and process until smooth.
- ☐ Serve the meatballs with the sauce on the side.

Nutrition Facts



Properties

Glycemic Index:3.35, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.1804347763891%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 73.37kcal (3.67%), Fat: 6.09g (9.36%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 1.54g (0.52%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.29g (0.33%), Cholesterol: 17.73mg (5.91%), Sodium: 239.76mg (10.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin K: 6.78µg (6.46%), Selenium: 3.81µg (5.45%), Vitamin B1: 0.07mg (4.89%), Vitamin B12: 0.23µg (3.9%), Vitamin B3: 0.72mg (3.6%), Zinc: 0.51mg (3.43%), Phosphorus: 33.45mg (3.35%), Vitamin B6: 0.06mg (2.96%), Vitamin B2: 0.05mg (2.75%), Iron: 0.35mg (1.97%), Potassium: 53.2mg (1.52%), Vitamin B5: 0.13mg (1.33%), Manganese: 0.02mg (1.24%), Vitamin E: 0.18mg (1.2%), Calcium: 11.79mg (1.18%), Magnesium: 4.26mg (1.07%)