

## Mini Meatballs

READY IN



20 min.

SERVINGS



40

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

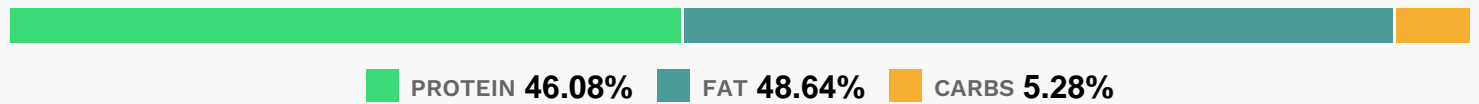
- 1 pound ground beef lean
- 2 ounces bacon finely chopped
- 0.3 cup parsley fresh chopped
- 2 garlic clove minced
- 3 tablespoons parmesan cheese grated
- 1 tablespoon breadcrumbs dried plain
- 1 large eggs
- 0.1 teaspoon nutmeg
- 1 serving coarse mustard

# Equipment

## Directions

- Test Kitchen's Favorite Spaghetti and Meatballs
- Meatball Casserole
- Swedish Meatballs with Cream Sauce
- Giant Meatballs With Ricotta
- Pork Meatballs
- Beef-and-
- Mixed-Grain Meatballs

## Nutrition Facts



## Properties

Glycemic Index:4.1, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.7499999766764%

## Flavonoids

Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

## Nutrients (% of daily need)

Calories: 26.27kcal (1.31%), Fat: 1.38g (2.12%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.03g (0.03%), Cholesterol: 12.94mg (4.31%), Sodium: 28.65mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin K: 6.22µg (5.92%), Vitamin B12: 0.28µg (4.64%), Zinc: 0.64mg (4.24%), Selenium: 2.9µg (4.14%), Vitamin B3: 0.7mg (3.52%), Phosphorus: 30.35mg (3.04%), Vitamin B6: 0.05mg (2.66%), Iron: 0.34mg (1.89%), Vitamin B2: 0.03mg (1.65%), Potassium: 47.84mg (1.37%), Vitamin B5: 0.11mg (1.05%)