



Mini Meatballs

READY IN



90 min.

SERVINGS



30

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups breadcrumbs italian flavored
- 4 medium eggs lightly beaten
- 0.5 cup parsley leaves fresh finely chopped
- 2 cloves garlic minced
- 8 ounces ground pork
- 2 pounds ground beef lean
- 1 cup milk
- 1 medium onion minced
- 30 servings salt and pepper

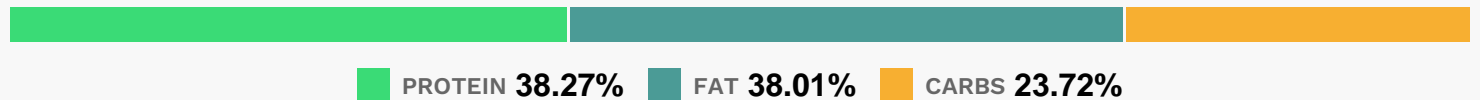
Equipment

- bowl
- oven
- blender
- baking pan
- toothpicks
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- In a large bowl or mixer, thoroughly mix the beef, pork, breadcrumbs, milk, parsley, eggs, garlic, onion and some salt and pepper. Chill in the refrigerator for 30 minutes.
- Shape into meatballs and place on a foil-lined shallow baking pan.
- Bake 30 minutes for medium or 25 minutes for bite-size. Stick toothpicks in the finished meatballs to serve as an appetizer.

Nutrition Facts



Properties

Glycemic Index:4.23, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:6.5830434405285%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 105.14kcal (5.26%), Fat: 4.33g (6.66%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 5.65g (2.06%), Sugar: 1.03g (1.14%), Cholesterol: 46.99mg (15.66%), Sodium: 282.85mg (12.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Vitamin K: 17.03µg (16.22%), Selenium: 10.94µg (15.63%), Vitamin B12: 0.85µg (14.19%), Zinc: 1.94mg (12.92%), Vitamin B3: 2.5mg (12.49%), Phosphorus: 106.76mg (10.68%), Vitamin B1: 0.15mg (9.81%), Vitamin B6: 0.18mg (8.95%), Vitamin B2: 0.14mg (7.98%), Iron: 1.31mg (7.29%), Potassium: 172.47mg (4.93%), Vitamin B5: 0.41mg (4.14%), Manganese: 0.08mg (4.1%), Folate: 14.57µg (3.64%), Magnesium: 13.79mg (3.45%), Calcium: 32.95mg (3.3%), Copper: 0.05mg (2.65%), Vitamin A: 129.72IU (2.59%), Vitamin C: 1.72mg (2.08%), Fiber: 0.42g (1.69%), Vitamin D: 0.24µg (1.58%), Vitamin E: 0.16mg (1.1%)