



Mixture for Meatballs, Meatloaf or Burgers

READY IN



20 min.

SERVINGS



10

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bread – soaked white with water, squeezed out and broken into tiny pieces
- 1 teaspoon parsley dried
- 3 eggs
- 2 pounds ground beef
- 3 tablespoons catsup
- 0.5 cup romano cheese grated
- 10 servings salt and pepper to taste
- 4 tablespoons steak sauce

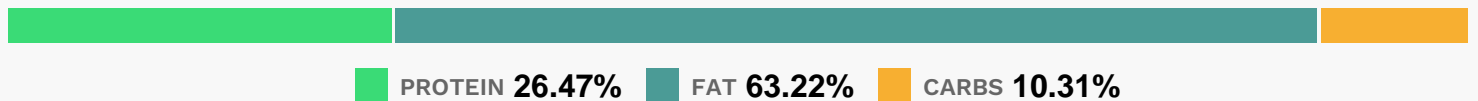
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- In a large bowl, combine the ground beef, bread, eggs, cheese, parsley and onion and season with salt and pepper to taste.
- For meatballs: Form mixture into golf size balls and brown in a large skillet over medium heat for 5 to 10 minutes, or until well browned.
- Add to your favorite spaghetti sauce and simmer until meatballs are completely cooked through, about 15 to 20 minutes.
- For meatloaf: Preheat oven to 350 degrees F (175 degrees C).
- Add 3 tablespoons ketchup to mixture, mix well, form into a loaf and place in a 9x13 inch baking dish.
- Bake at 350 degrees F (175 degrees C) for 75 to 90 minutes.
- Add 3 to 4 tablespoons steak sauce to mixture, mix well and form into patties.
- Saute in a large skillet over medium heat for 10 to 15 minutes, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:10.18, Glycemic Load:3.56, Inflammation Score:-2, Nutrition Score:10.907391377117%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 305.93kcal (15.3%), Fat: 21.12g (32.5%), Saturated Fat: 8.31g (51.95%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 7.42g (2.7%), Sugar: 2.17g (2.41%), Cholesterol: 118.71mg (39.57%), Sodium: 520.88mg (22.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.9g (39.79%), Vitamin B12: 2.11µg (35.25%), Selenium: 20.79µg (29.7%), Zinc: 4.21mg (28.06%), Vitamin B3: 4.44mg (22.22%), Phosphorus: 221.96mg (22.2%), Vitamin B6: 0.34mg (17.12%), Vitamin B2: 0.25mg (14.59%), Iron: 2.47mg (13.71%), Calcium: 100.07mg (10.01%), Potassium: 310.83mg (8.88%), Vitamin B5: 0.73mg (7.35%), Vitamin B1: 0.1mg (6.63%), Folate: 24.91µg (6.23%), Magnesium: 23.41mg (5.85%), Copper: 0.09mg (4.71%), Vitamin E: 0.68mg (4.53%), Manganese: 0.09mg (4.47%), Vitamin A: 133.11IU (2.66%), Vitamin D: 0.38µg (2.53%), Vitamin K: 2.21µg (2.1%), Fiber: 0.34g (1.34%)