



Mozzarella-Stuffed Sausage Meatballs

READY IN



30 min.

SERVINGS



27

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 eggs beaten
- ☐ 1 lb sausage meat sweet italian
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup breadcrumbs plain
- ☐ 0.3 cup milk whole
- ☐ 4 large basil fresh coarsely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 8 oz mozzarella fresh cut into 27 small cubes

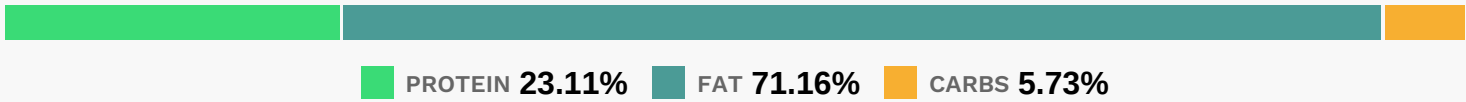
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F. Spray cookie sheet with sides or shallow baking pan with cooking spray, or line with silicone baking mat.
- ☐ In large bowl, mix all ingredients except cheese. Using small cookie scoop (about 1 tablespoon), scoop out 27 meatballs onto cookie sheet.
- ☐ Insert 1 cheese cube into center of each meatball; shape sausage mixture around cheese to completely cover.
- ☐ Bake about 20 minutes or until meatballs are no longer pink near center.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.3469565251599%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 84.68kcal (4.23%), Fat: 6.62g (10.18%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.33g (0.36%), Cholesterol: 25.07mg (8.36%), Sodium: 170.09mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.67%), Vitamin B12: 0.36µg (6.08%), Phosphorus: 60.21mg (6.02%), Calcium: 50.1mg (5.01%), Zinc: 0.66mg (4.39%), Vitamin B3: 0.87mg (4.36%), Vitamin B1: 0.06mg (4.08%), Vitamin B2: 0.06mg (3.5%), Selenium: 2.25µg (3.21%), Vitamin B6: 0.06mg (3.16%), Vitamin D: 0.31µg (2.06%), Iron: 0.31mg (1.71%), Vitamin A: 85.01IU (1.7%), Potassium: 58.43mg (1.67%), Vitamin B5: 0.17mg (1.66%),

Magnesium: 5.14mg (1.29%)