

## Pork Meatballs

READY IN



45 min.

SERVINGS



2

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 slice bread crumbled
- 14 ounces beef broth canned
- 0.5 teaspoon parsley dried
- 1 eggs lightly beaten
- 1 garlic clove minced
- 0.8 pound ground pork
- 0.3 cup parmesan grated
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

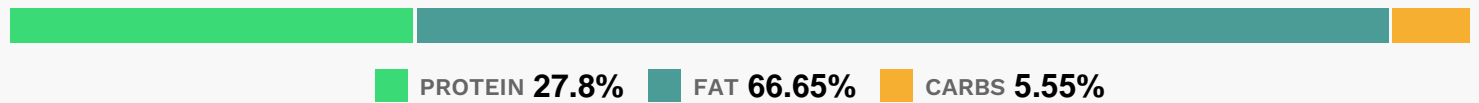
## Equipment

- bowl
- sauce pan
- kitchen thermometer
- slotted spoon

## Directions

- In a bowl, combine the first seven ingredients. Crumble meat over mixture and mix well. Shape into ten 2-in. balls.
- In a saucepan, bring broth to a boil.
- Place meatballs in the broth. Reduce heat; cover and simmer for 15 minutes. Turn the meatballs; cook 15 minutes long or until a thermometer reads 160°.
- Remove with a slotted spoon.

## Nutrition Facts



## Properties

Glycemic Index:73.83, Glycemic Load:3.85, Inflammation Score:-3, Nutrition Score:23.060434450274%

## Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 583kcal (29.15%), Fat: 42.45g (65.31%), Saturated Fat: 16.45g (102.8%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 7.3g (2.65%), Sugar: 1g (1.11%), Cholesterol: 212.81mg (70.94%), Sodium: 1712.97mg (74.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.84g (79.68%), Vitamin B1: 1.32mg (88.24%), Selenium: 57.06µg (81.52%), Vitamin B3: 9.78mg (48.88%), Phosphorus: 474.64mg (47.46%), Vitamin B6: 0.76mg (37.76%), Vitamin B2: 0.62mg (36.55%), Zinc: 4.54mg (30.26%), Vitamin B12: 1.68µg (27.92%), Calcium: 218.01mg (21.8%), Potassium: 667.07mg (19.06%), Vitamin B5: 1.7mg (16.97%), Iron: 2.89mg (16.03%), Manganese: 0.27mg (13.67%), Magnesium: 51.08mg (12.77%), Folate: 35.72µg (8.93%), Copper: 0.13mg (6.28%), Vitamin A: 230.6IU (4.61%),

Vitamin D: 0.5 $\mu$ g (3.35%), Fiber: 0.66g (2.65%), Vitamin C: 1.72mg (2.08%), Vitamin E: 0.29mg (1.94%), Vitamin K:  
1.74 $\mu$ g (1.66%)