



Tasty Baked Meatballs

READY IN



45 min.

SERVINGS



36

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10.5 ounce cream of mushroom soup canned
- ☐ 1 ounce onion soup mix dry
- ☐ 3 eggs lightly beaten
- ☐ 3 pounds ground beef
- ☐ 1.5 cups italian-seasoned bread crumbs dry
- ☐ 0.3 cup parmesan cheese grated

Equipment

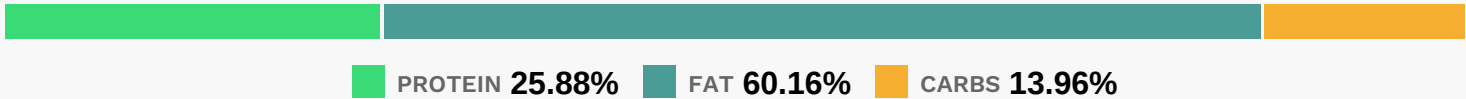
- ☐ baking sheet

- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Line two baking sheets with aluminum foil and lightly grease.
- ☐ Mix together the ground beef, bread crumbs, cream of mushroom soup, eggs, Parmesan cheese, and onion soup mix. Shape the mixture into balls about the size of a golf ball. Arrange on the prepared baking sheets.
- ☐ Bake in the preheated oven until no longer pink in the center, about 30 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.8026086461285%

Nutrients (% of daily need)

Calories: 130.68kcal (6.53%), Fat: 8.58g (13.2%), Saturated Fat: 3.29g (20.58%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 4.17g (1.51%), Sugar: 0.34g (0.38%), Cholesterol: 41.55mg (13.85%), Sodium: 231.35mg (10.06%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.3g (16.61%), Vitamin B12: 0.88µg (14.69%), Zinc: 1.83mg (12.19%), Selenium: 8.31µg (11.88%), Vitamin B3: 2mg (9.98%), Phosphorus: 84.3mg (8.43%), Vitamin B6: 0.15mg (7.27%), Iron: 1.11mg (6.19%), Vitamin B2: 0.1mg (6.06%), Vitamin B1: 0.07mg (4.65%), Manganese: 0.08mg (4.23%), Potassium: 136.04mg (3.89%), Vitamin B5: 0.3mg (3.02%), Vitamin K: 3.01µg (2.87%), Copper: 0.06mg (2.87%), Folate: 10.94µg (2.73%), Magnesium: 10.46mg (2.62%), Calcium: 25.55mg (2.56%), Vitamin E: 0.21mg (1.41%), Fiber: 0.31g (1.25%)