



The Best Meatballs

READY IN



50 min.

SERVINGS



8

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 eggs
- ☐ 1.5 tablespoons flat parsley italian chopped
- ☐ 2 cloves garlic minced
- ☐ 1 pound ground beef
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 0.5 pound ground pork
- ☐ 0.5 pound ground veal
- ☐ 2 cups bread italian crumbled stale
- ☐ 1 cup olive oil

- ☐ 1 cup romano cheese freshly grated
- ☐ 1.5 cups water lukewarm

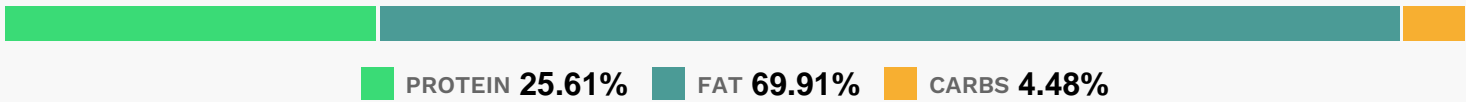
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine beef, veal, and pork in a large bowl.
- ☐ Add garlic, eggs, cheese, parsley, salt and pepper.
- ☐ Blend bread crumbs into meat mixture. Slowly add the water 1/2 cup at a time. The mixture should be very moist but still hold its shape if rolled into meatballs. (I usually use about 1 1/4 cups of water). Shape into meatballs.
- ☐ Heat olive oil in a large skillet. Fry meatballs in batches. When the meatball is very brown and slightly crisp remove from the heat and drain on a paper towel. (If your mixture is too wet, cover the meatballs while they are cooking so that they hold their shape better.)

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:13.976087062255%

Flavonoids

Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 411.94kcal (20.6%), Fat: 31.56g (48.56%), Saturated Fat: 11.95g (74.68%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.31g (2.57%), Cholesterol: 137.83mg (45.94%), Sodium: 271.59mg (11.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.03%), Vitamin B12: 2.03µg (33.83%), Selenium:

23.08µg (32.97%), Phosphorus: 317.86mg (31.79%), Vitamin B3: 6.1mg (30.51%), Zinc: 4.36mg (29.08%), Vitamin B6: 0.45mg (22.38%), Vitamin B2: 0.33mg (19.51%), Vitamin B1: 0.28mg (18.38%), Vitamin K: 17.06µg (16.24%), Calcium: 161.81mg (16.18%), Iron: 2.12mg (11.78%), Vitamin B5: 1.08mg (10.76%), Potassium: 373.42mg (10.67%), Vitamin E: 1.24mg (8.24%), Magnesium: 30.64mg (7.66%), Folate: 20.71µg (5.18%), Copper: 0.1mg (5.09%), Vitamin A: 177.05IU (3.54%), Manganese: 0.05mg (2.43%), Vitamin D: 0.34µg (2.26%), Vitamin C: 1.43mg (1.73%), Fiber: 0.31g (1.24%)