

STARTER & SNACK

The Juiciest Meat Balls Ever

2 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	20 min	15 min	20	\$0.64	180 kcal



The recipe The Juiciest Meat Balls Ever can be made in roughly 35 minutes. This hor d'oeuvre has 180 calories, 9g of protein, and 15g of fat per serving. For 64 cents per serving, this recipe covers 7% of your daily requirements of vitamins and minerals. This recipe serves 20.

Ingredients

- ☐ 20 servings Freshly ground black pepper

☐ 2 large eggs

☐ 1 pound ground pork

☐ 20 servings Olive oil, for frying

☐ ½ cup panko bread crumbs

☐ ¼ cup whole milk
- ☐ ½ stick butter, softened

☐ 1 pound ground beef

☐ 20 servings Kosher salt

☐ 1 onion, finely chopped

☐ ½ cup chopped parsley leaves

EQUIPMENT Bowl, Frying pan

Method

- 1 Soak the bread crumbs in the milk while you prepare the other ingredients.
- 2 Put the beef and pork into a large bowl.
- 3 Add the onion, butter, eggs, and parsley and season well with salt and pepper.
- 4 Put the soaked bread crumbs into the bowl and mix it all together well with your (clean) hands. Form the mixture into meatballs about the size of ping pong balls.
- 5 Heat about 1/4-inch of oil in a skillet over medium heat. Fry the meatballs until they are browned on all sides and cooked through, about 15 minutes.

Nutrition per serving

180	9 g	15 g	2 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.6 g · 35% of daily needs
Sugar			0.5 g · 1% of daily needs
Sodium			260 mg · 11% of daily needs
Cholesterol			57.5 mg · 19% of daily needs
Vitamin C			2.6 mg · 3% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/the-juiciest-meat-balls-ever-147140