



Three Animal Italian Meatballs

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 eggs
- 1 pound ground beef
- 1 pound ground sausage italian
- 1 pound pd of ground turkey
- 1 large onion diced
- 0.5 cup oats quick
- 0.5 cup seasoned bread crumbs italian-style
- 2 tablespoons seasoning italian-style

Equipment

- bowl
- frying pan
- oven
- glass baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Combine ground meat, onion, eggs, bread crumbs, oats, and seasoning in a large bowl. Shape into 2-inch diameter balls.
- Heat enough vegetable oil in a large saute pan to be 1/2 inch deep. Brown meatballs in hot oil for about 5 minutes.
- Transfer to a glass baking dish.
- Bake in preheated oven for 25 minutes.

Nutrition Facts

PROTEIN 29.23% **FAT 60.93%** **CARBS 9.84%**

Properties

Glycemic Index:5.21, Glycemic Load:0.81, Inflammation Score:-1, Nutrition Score:6.6086955899778%

Flavonoids

Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 159.26kcal (7.96%), Fat: 10.7g (16.45%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.32g (1.21%), Sugar: 0.46g (0.51%), Cholesterol: 51.84mg (17.28%), Sodium: 199.47mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.09%), Selenium: 14.07µg (20.09%), Vitamin B3: 3.45mg (17.23%), Vitamin B6: 0.3mg (15.19%), Phosphorus: 121.45mg (12.15%), Vitamin B12: 0.71µg (11.9%), Vitamin B1: 0.17mg (11.03%), Zinc: 1.62mg (10.8%), Manganese: 0.14mg (7.06%), Vitamin B2: 0.11mg (6.62%), Iron: 1.17mg (6.48%), Potassium: 185.86mg (5.31%), Magnesium: 19.24mg (4.81%), Vitamin B5: 0.45mg (4.53%), Vitamin K: 4.17µg (3.97%),

Folate: 11.76µg (2.94%), Copper: 0.06mg (2.88%), Calcium: 22.86mg (2.29%), Fiber: 0.56g (2.26%), Vitamin E: 0.22mg (1.5%), Vitamin D: 0.17µg (1.12%), Vitamin C: 0.92mg (1.11%)