



Wrapped Meatballs

READY IN



30 min.

SERVINGS



6

CALORIES



832 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 38 ounce meatballs italian (use)
- 16 ounce regular crescent rolls refrigerated canned
- 1 cup parmesan
- 3 cups pasta sauce for dipping

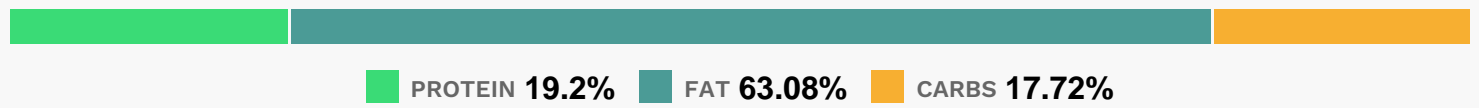
Equipment

- baking sheet
- oven

Directions

- Thaw meatballs. On an ungreased baking sheet, separate crescent rolls into 8 pieces.
- Cut each piece in half to form 2 narrow triangles.
- Place a meatball onto each crescent triangle; pull up corners of roll, wrapping the meatball.
- Bake at 375 degrees for 11-13 minutes.
- If desired, sprinkle cheese on wraps while still warm.
- Serve with pasta sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:2.25, Inflammation Score:-6, Nutrition Score:24.168695908526%

Nutrients (% of daily need)

Calories: 831.54kcal (41.58%), Fat: 58.97g (90.73%), Saturated Fat: 23.72g (148.25%), Carbohydrates: 37.28g (12.43%), Net Carbohydrates: 35.44g (12.89%), Sugar: 12.05g (13.39%), Cholesterol: 140.61mg (46.87%), Sodium: 1541.65mg (67.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.76%), Vitamin B1: 1.35mg (90.01%), Selenium: 48.65µg (69.51%), Phosphorus: 462.95mg (46.29%), Vitamin B3: 9.05mg (45.24%), Vitamin B6: 0.82mg (41.14%), Vitamin B2: 0.56mg (32.76%), Zinc: 4.68mg (31.19%), Potassium: 894.46mg (25.56%), Vitamin B12: 1.46µg (24.28%), Calcium: 239.62mg (23.96%), Iron: 3.85mg (21.36%), Vitamin B5: 1.65mg (16.53%), Magnesium: 59.82mg (14.96%), Vitamin A: 673.16IU (13.46%), Vitamin E: 1.8mg (12%), Vitamin C: 9.83mg (11.92%), Copper: 0.23mg (11.35%), Manganese: 0.15mg (7.62%), Fiber: 1.84g (7.35%), Folate: 21.17µg (5.29%), Vitamin K: 3.71µg (3.54%)