

Meatballs

Recipe Type: Main Dish

Serves: 4

Prep Time: 20 minutes

Cooking Time: 30 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

Cooking spray

¼ red onion

2 slices whole grain bread

⅓ C water

⅔ C nonfat dry milk

1 egg

⅓ t salt

1 pound (lb.) 95% fat free ground beef



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Preheat the oven to 325°F degrees.
3. Grease a baking sheet.
4. Chop the onions and tear the bread into small pieces.
5. Mix the bread and water in a large bowl.
6. Add the onion, dry milk, egg, salt, and ground beef. Mix well.
7. Make balls the size of golf balls and place them on the baking sheet.
8. Bake for 30 minutes.
9. Serve warm and enjoy!

Tip: To make a meatloaf from the meatballs mix, you can pat the mixture into a loaf pan and bake for 50 minutes.

Contains: Milk, Egg, and Wheat

Nutrition Facts

4 servings per container

Serving size 3 Meatballs (181g)

Amount per serving

Calories 260

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 115mg **38%**

Sodium 430mg **19%**

Total Carbohydrate 15g **5%**

Dietary Fiber 0g **0%**

Total Sugars 7g

Includes 1g Added Sugars **2%**

Protein 32g

Vitamin D 2mcg **10%**

Calcium 194mg **15%**

Iron 3mg **15%**

Potassium 671mg **15%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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