

Italian Herb Baked Meatballs

Yield: 9 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jessica-simpson-italian-baked-eggs-and-veggies-recipe>

Ingredients:

- 1 pound lean ground beef I used 88%
- 1/2 cup Italian breadcrumbs
- 1/4 cup grated Parmesan cheese fresh
- 2 garlic cloves minced
- 1/2 small yellow onion grated, or minced
- 2 tablespoons marinara
- 1 tablespoon fresh rosemary chopped
- 1 tablespoon fresh parsley chopped
- 1 tablespoon fresh basil chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon cracked black pepper fresh
- 1 large egg lightly beaten

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 55 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 2 grams
8. Sodium: 350 milligrams
9. Sugar: 1 grams

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