

Classic Italian Meatballs

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/yummy-italian-meatball-recipe>

Ingredients:

- 1 pound ground beef
- 1 pound ground pork
- 2 eggs
- 2 tablespoons parsley freshly chopped
- 1/4 cup grated Parmesan cheese
- 2 garlic cloves minced
- 1/2 cup breadcrumbs dry, seasoned
- 2 tablespoons milk
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper freshly cracked
- 1/4 teaspoon red pepper flakes
- 1/2 sweet onion grated, optional
- 2 jars marinara sauce prepared, or use recipe for My Favorite Marinara

Nutrition:

1. Calories: 980 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 280 milligrams
4. Fat: 57 grams
5. Fiber: 12 grams
6. Protein: 56 grams
7. SaturatedFat: 22 grams
8. Sodium: 2150 milligrams
9. Sugar: 36 grams
10. TransFat: 1 grams

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