

Low-Carb Baked Greek Meatballs with Feta and Oregano

Yield: 22 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/low-fat-greek-frozen-yogurt-recipe>

Ingredients:

- 1 pound lean ground beef I used ground beef with 9% fat
- 1/2 onion small, chopped
- 1/2 cup crumbled feta cheese very finely, measure after crumbling finely with a fork
- 2 cloves garlic minced, I used 2 tsp. minced garlic from a jar
- 1 large egg
- 1 tablespoon extra-virgin olive oil plus more olive oil or non-stick spray for baking dish
- 4 teaspoons red wine vinegar
- 1 tablespoon oregano dried Greek
- 1 teaspoon Greek seasoning optional, but good
- 1/4 teaspoon salt optional, I used a tiny bit of Vege-Sal
- 1/4 teaspoon fresh ground black pepper

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 25 milligrams
4. Fat: 2.5 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 85 milligrams

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