

# Meatball Pizzas

Yield: 12 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-pork-meatball-recipe>

## Ingredients:

- 2 teaspoons active dry yeast
- 1 teaspoon sugar
- 1 cup warm water 105° to 110°F
- 2 cups bread flour plus more for dusting
- 1 1/2 teaspoons kosher salt
- 1 tablespoon olive oil plus more for coating bowl
- 1/2 cup fresh bread crumbs
- 2 tablespoons milk
- 1/2 pound ground beef
- 1/2 pound ground pork
- 6 tablespoons meatball starter
- 1 egg lightly beaten
- 1 tablespoon olive oil
- 1 1/2 cups tomato sauce prepared
- 3 cups shredded mozzarella cheese
- 1/3 cup fresh basil julienned
- 1 1/2 tablespoons fresh oregano leaves
- 1/2 cup parmigiano reggiano cheese grated

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 70 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 8 grams
8. Sodium: 740 milligrams
9. Sugar: 4 grams

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