

My Favourite Italian Kitchen Meatballs

Yield: 12 min
Total Time: 30 min

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

Ingredients:

- 1 pound ground beef
- 1/2 cup grana padano cheese grated
- 1/2 cup finely chopped onion
- 4 teaspoons minced garlic
- 2 tablespoons white wine
- 1 egg
- 2 egg yolks
- 1/3 cup chopped parsley fresh finely
- 1 1/2 teaspoons grated lemon zest
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 Ciabatta rolls cubed
- 1 cup milk
- 2 tablespoons olive oil
- 4 sprigs fresh rosemary

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 85 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 11 grams
7. SaturatedFat: 4 grams
8. Sodium: 310 milligrams
9. Sugar: 2 grams

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