Italian Meatball

Yield: 4 min
Total Time: 108 min

Recipe from: https://www.recipeschoose.com/recipes/italian-meatball-recipe-with-parmesan-cheese

Ingredients:

- 1/2 cup plain bread crumbs
- 1/2 cup beef broth
- 2 tablespoons olive oil
- 1 tablespoon onion powder
- 1 pound ground beef
- 1 pound ground pork
- 2 large eggs
- 1/4 fresh parsley chopped
- 3 teaspoons minced garlic crushed
- 2 teaspoons garlic salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried Italian seasoning
- 2 tablespoons Parmesan cheese grated
- 24 ounces marinara sauce

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 270 milligrams
4. Fat: 56 grams
5. Fiber: 6 grams
6. Protein: 51 grams
7. SaturatedFat: 20 grams
8. Sodium: 1110 milligrams
9. Sugar: 17 grams
10. TransFat: 1 grams

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