

Spicy Meatball

Yield: 20 min
Total Time: 45 min

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

Ingredients:

- 1/2 teaspoon ground cumin
- 2 teaspoons hot sauce
- 1/2 onion small, very finely chopped
- 1 teaspoon tomato paste
- 2 teaspoons dried oregano
- 1 1/2 teaspoons fresh mint chopped
- 1 pound ground pork or beef
- 1 large egg
- 1/4 cup seasoned bread crumbs
- vegetable oil for searing

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 25 milligrams
4. Fat: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 2 grams
7. Sodium: 40 milligrams

Thank you for visiting our website. Hope you enjoy Spicy Meatball above. You can see more 15 italian meatball recipe with mint They're simply irresistible! to get more great cooking ideas.