

Low Sodium Italian Meatballs

Yield: 36 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/low-sodium-italian-bread-recipe>

Ingredients:

- 2 pounds lean ground beef
- 4 large eggs
- 3/4 cup matzo meal
- 1 tablespoon dried parsley
- 1/2 teaspoon dried basil
- 1/4 teaspoon black pepper
- 1 teaspoon sage
- 1 teaspoon ground fennel be sure to grind if seed form
- 1 teaspoon paprika smoky

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 40 milligrams
4. Fat: 2 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 25 milligrams

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