

Easy Homemade Meatball

Yield: 29 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/meatball-recipe-italian-sausage-ground-beef-oven>

Ingredients:

- 1/2 pound ground beef
- 1/2 pound Italian sausage
- 1/4 cup Italian style breadcrumbs
- 1/2 teaspoon pepper
- 2 tablespoons onion
- 2 large eggs
- 2 tablespoons Parmesan cheese shredded
- 2 cloves garlic
- 2 teaspoons Italian seasoning
- 1 teaspoon salt
- 1 jar spaghetti sauce your favorite

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 25 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 280 milligrams
9. Sugar: 2 grams

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