

Authentic Italian Meatballs

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/meringue-recipe-cook-sugar-italian>

Ingredients:

- 2 tablespoons olive oil
- 1 pound lean ground beef
- 1/2 cup breadcrumbs Italian seasoned
- 1/4 cup grated Parmesan cheese freshly
- 1/2 small onion small , diced
- 2 tablespoons milk
- 1 tablespoon chopped fresh rosemary leaves
- 1 tablespoon Italian parsley chopped fresh
- 1 tablespoon chopped fresh basil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon pepper cracked, freshly
- 2 cloves minced garlic
- 1 large egg lightly beaten
- 14 1/2 ounces diced tomatoes fire roasted
- 15 ounces tomato sauce
- 1 tablespoon sugar to taste
- 1 teaspoon garlic powder EACH, onion powder, kosher salt, dried rosemary, dried oregano, dried basil
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon dried thyme EACH, freshly ground pepper
- 1/4 teaspoon marjoram dried
- 1/8 teaspoon dried sage
- 2 cups shredded mozzarella cheese freshly
- 1 cup shredded Parmesan cheese freshly
- 2 tablespoons chopped fresh basil
- 2 tablespoons Italian parsley chopped fresh

Nutrition:

1. Calories: 460 calories

2. Carbohydrate: 22 grams
 3. Cholesterol: 125 milligrams
 4. Fat: 25 grams
 5. Fiber: 3 grams
 6. Protein: 35 grams
 7. SaturatedFat: 11 grams
 8. Sodium: 1550 milligrams
 9. Sugar: 12 grams
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