

Ninja Foodi Italian Meatballs

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/ninja-foodi-italian-beef-recipe>

Ingredients:

- 1/3 cup plain bread crumbs
- 1/2 cup milk
- 2 tablespoons olive oil
- 1/2 onion diced
- 1 pound ground beef
- 1 pound ground pork
- 2 eggs
- 1/4 bunch chopped fresh parsley
- 3 cloves garlic minced
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon red pepper flakes
- 1 teaspoon Italian herb seasoning dried
- 2 tablespoons grated Parmesan cheese

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 180 milligrams
4. Fat: 35 grams
5. Protein: 32 grams
6. SaturatedFat: 12 grams
7. Sodium: 990 milligrams
8. Sugar: 2 grams
9. TransFat: 1 grams

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