

# NONNA'S SUCCULENT & AUTHENTIC ITALIAN MEATBALLS

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/nonna-s-authentic-italian-recipe>

## Ingredients:

- 2 pounds ground beef
- 1 pound ground pork
- 1 pound ground veal
- 2 eggs beaten
- 1/2 cup flat leaf Italian parsley chopped
- 1 cup Pecorino cheese grated Romano
- 1 tablespoon black pepper
- 1 1/2 tablespoons salt
- 5 cloves garlic minced fine
- 1 cup Italian bread day-old, soaked in water, squeezed, and torn into 1/2 inch pieces

## Nutrition:

1. Calories: 1090 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 455 milligrams
4. Fat: 74 grams
5. Fiber: 1 grams
6. Protein: 95 grams
7. SaturatedFat: 30 grams
8. Sodium: 3270 milligrams
9. Sugar: 1 grams
10. TransFat: 2.5 grams

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