

Oven Roasted Greek Chicken Meatballs

Yield: 4 min
Total Time: 32 min

Recipe from: <https://www.recipeschoose.com/recipes/oven-roasted-greek-chicken-recipe>

Ingredients:

- 1 pound ground chicken preferably light and dark meat
- 1/2 cup panko breadcrumbs
- 1 large egg
- 1/3 cup crumbled feta cheese
- 1/2 small red onion finely diced
- 1/2 cup diced bell pepper finely, any color
- 4 cloves garlic finely minced
- 2 tablespoons fresh oregano finely chopped
- 1 teaspoon dried basil
- 1 teaspoon onion powder
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 lemon medium-size
- 2 tablespoons extra virgin olive oil
- 1 teaspoon paprika mild, not smoked

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 160 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 6 grams
8. Sodium: 920 milligrams
9. Sugar: 2 grams

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