

Easy Creamy Garlic and Mushroom Meatballs

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-baked-italian-meatballs>

Ingredients:

- 1 bag Italian meatballs frozen, precooked
- 2 cans cream of mushroom soup low sodium
- 1 can water
- 2 tablespoons minced garlic
- 1/4 red wine optional
- 8 ounces low fat sour cream
- egg noodles
- salt
- pepper

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 20 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 480 milligrams
9. Sugar: 1 grams

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