

Meatball Casserole aka Meatball Parmesan

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-keto-meatball-recipe>

Ingredients:

- 1 pound ground turkey
- 1 pound italian sausage
- 1 cup shredded mozzarella
- 1/3 cup shredded Parmesan or grated
- 1 shredded zucchini about 1 cup
- 1 egg
- 2 teaspoons dried minced onion
- 2 teaspoons dried minced garlic
- 2 teaspoons dried basil
- 1 teaspoon salt
- 1 cup pasta sauce no sugar added
- 8 ounces shredded cheese I used a two cheese pizza blend of mozzarella and provolone

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 160 milligrams
4. Fat: 37 grams
5. Fiber: 1 grams
6. Protein: 31 grams
7. SaturatedFat: 16 grams
8. Sodium: 1230 milligrams
9. Sugar: 4 grams

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