

Italian Sausage Meatballs

Yield: 36 min
Total Time: 35 min

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

Ingredients:

- 1 pound italian sausage removed from casings
- 1 pound ground beef
- 1 pound ground pork
- 2 eggs
- 3 cups breadcrumbs coarse
- 2/3 cup milk
- 1/2 cup grated Parmesan cheese
- 1 teaspoon ground thyme
- 2 tablespoons oregano
- 1 teaspoon salt
- 1 teaspoon ground black pepper freshly
- 1 tablespoon mustard powder
- 1/2 teaspoon chilli flakes optional for those who don't want the extra heat or adjust to taste

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 40 milligrams
4. Fat: 10 grams
5. Protein: 8 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 260 milligrams
8. Sugar: 1 grams

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