

Simple Italian Meatballs

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- ground beef
- Parmesan cheese
- bread crumbs
- large egg
- garlic cloves Minced
- dried herbs like parsley or oregano or fresh herbs like parsley
- salt
- black pepper
- milk
- olive oil
- vegetable broth
- salt
- 1 pound ground beef
- 3 tablespoons Parmesan cheese
- 2 cloves garlic minced
- 3 tablespoons bread crumbs
- 1 large egg
- 1 teaspoon parsley or ½ tablespoon chopped fresh
- 1/2 teaspoon salt
- 2 dashes black pepper
- 1/4 cup milk
- 2 tablespoons olive oil
- 7/8 cup broth vegetable or beef

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 190 milligrams
4. Fat: 35 grams

5. Fiber: 1 grams
6. Protein: 32 grams
7. SaturatedFat: 11 grams
8. Sodium: 1210 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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