

Vegan Italian Meatballs

Yield: 9 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/best-vegan-italian-recipe>

Ingredients:

- 1 cup green lentils cooked brown/
- 1 tablespoon olive oil
- 1 cup yellow onion chopped
- 4 cloves garlic minced
- 3/4 cup cremini mushrooms chopped
- 1 Flax egg
- 1/2 cup Italian breadcrumbs vegan
- 1/3 cup fresh parsley chopped
- 1/2 teaspoon salt + pepper, each
- 1/4 cup olive oil for frying, skip if baking

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 30 milligrams
4. Fat: 9 grams
5. Fiber: 8 grams
6. Protein: 10 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 290 milligrams
9. Sugar: 3 grams

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