

Chicken Meatballs

Yield: 9 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-chicken-meatballs-recipe>

Ingredients:

- 1 pound ground chicken
- 2 tablespoons whole wheat bread crumbs
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon smoked paprika
- 1 tablespoon worcestershire sauce
- 1 tablespoon olive oil
- 3 whole wheat buns
- 3/4 cup tomato sauce
- 3 ounces provolone low-fat, shredded

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 50 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 3 grams
8. Sodium: 360 milligrams
9. Sugar: 2 grams

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