

# Baked Meatballs

**Yield** 8 Servings (of 3 meatballs)

## Ingredients

1 pound	ground beef, 90% lean (or ground turkey)
1	egg
1/2 teaspoon	dried parsley
1/2 cup	bread crumbs
1/2 cup	milk, 1% (or non-fat)
1/4 teaspoon	pepper
1 teaspoon	onion powder

## Instructions

1. Mix all ingredients, shape into balls (about 24 meatballs)
2. Arrange on baking sheets that have been sprayed with non-stick cooking spray.
3. Bake at 425°F for 12-15 minutes. It is best to use a food safety thermometer to check for doneness (it should read 160°F for ground beef and 165°F for ground turkey).
4. If meatballs are being saved for future use, chill rapidly; package in amounts needed per meal and freeze immediately.

## Cost

Per recipe: \$3.95

Per serving: \$0.49

## Source

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes](#).

<b>Nutrition Facts</b>	
Serving Size 1/8 of recipe (approx. 3 meatballs) (74g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 14g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	