

# Cheesy Stuffed Meatballs with Red Pepper Tomato Sauce

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## **Servings: 4**

*12 ounces ground beef*  
*1 egg*  
*1/3 cup Italian breadcrumbs*  
*1 teaspoon onion powder*  
*1 teaspoon salt*  
*1 teaspoon Italian seasoning*  
*1/2 teaspoon pepper*  
*4 ounces Pepper Jack cheese, cut into twelve cubes*  
*1/4 cup vegetable oil*  
*2 tablespoons olive oil*  
*2 red bell peppers, diced*  
*1 onion, diced*  
*4 cloves garlic, minced*  
*1 jar (24 ounce) marinara sauce*

Preheat the oven to 350 degrees.

In a bowl, mix together the beef, egg, breadcrumbs, onion powder, salt, Italian seasonings and pepper.

Divide the meat mixture into twelve portions. Using your hands, roll into a ball. Poke a hole in the middle. Place the cheese inside. Seal the meatball. Roll to make it round.

In a nonstick skillet over medium-high, heat the vegetable oil. Brown the meatballs lightly on each side. Remove the meatballs to a baking dish.

Bake for 8 minutes or until no longer pink inside.

While the meatballs are baking, drizzle a skillet with olive oil. Add the peppers and onion. Cook for 5 minutes until the onions are translucent. Add the garlic. Cook for 2 more minutes. Pour in the marinara sauce.

Top the meatballs with the sauce and serve.

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Per Serving (excluding unknown items): 532 Calories; 46g Fat (76.9% calories from fat); 18g Protein; 13g Carbohydrate; 3g Dietary Fiber; 125mg Cholesterol; 869mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 8 Fat.

Beef

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	532	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	76.9%	<b>Vitamin B12 (mcg):</b>	2.4mcg
<b>% Calories from Carbohydrates:</b>	9.9%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	13.3%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	46g	<b>Folacin (mcg):</b>	38mcg
<b>Saturated Fat (g):</b>	12g	<b>Niacin (mg):</b>	5mg
<b>Monounsaturated Fat (g):</b>	24g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	5g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	125mg	<b>% Daily Value*</b>	n n%
<b>Carbohydrate (g):</b>	13g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	18g	<b>Lean Meat:</b>	2
<b>Sodium (mg):</b>	869mg	<b>Vegetable:</b>	1
<b>Potassium (mg):</b>	564mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	50mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	3mg	<b>Fat:</b>	8
<b>Zinc (mg):</b>	3mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	121mg		
<b>Vitamin A (i.u.):</b>	3687IU		
<b>Vitamin A (r.e.):</b>	380 1/2RE		

**Nutrition Facts**

Servings per Recipe: 4

**Amount Per Serving**

**Calories** 532 **Calories from Fat:** 409

		% Daily Values*
<b>Total Fat</b>	46g	70%
Saturated Fat	12g	61%
<b>Cholesterol</b>	125mg	42%
<b>Sodium</b>	869mg	36%
<b>Total Carbohydrates</b>	13g	4%
Dietary Fiber	3g	12%
<b>Protein</b>	18g	
<b>Vitamin A</b>		74%
<b>Vitamin C</b>		201%
<b>Calcium</b>		5%
<b>Iron</b>		15%

\* Percent Daily Values are based on a 2000 calorie diet.