

Classic Italian Meatballs

The Kitchen at Johnsonville Sausage
www.Johnsonville.com

Yield: 24 petite meatballs

*1 package (16 ounce) Johnsonville
All-Natural ground Italian sausage*
1/4 cup breadcrumbs
1/4 cup milk
1/4 cup Parmesan cheese, grated
1 egg

Cook Time: 20 minutes

In a medium bowl, combine the sausage, breadcrumbs, milk, Parmesan cheese and egg. Mix the ingredients until thoroughly combined.

Separate the mixture into sixteen small meatballs. Cook the meatballs in a skillet (or a 350 degree oven) for approximately 20 minutes or until they are brown.

Serve the meatballs with a dipping sauce of your choice.

Per Serving (excluding unknown items): 203 Calories; 13g Fat (58.8% calories from fat); 17g Protein; 4g Carbohydrate; 0g Dietary Fiber; 236mg Cholesterol; 472mg Sodium. Exchanges: 2 Lean Meat; 0 Non-Fat Milk; 1 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	203
% Calories from Fat:	58.8%
% Calories from Carbohydrates:	7.9%
% Calories from Protein:	33.3%
Total Fat (g):	13g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	236mg
Carbohydrate (g):	4g
Dietary Fiber (g):	0g
	17g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	29mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
	2
	1

