

Meatballs

50 Things to Make in a Muffin Pan
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1 pound ground beef
1/3 cup breadcrumbs
1/3 cup grated parmesan cheese
1/3 cup parsley, chopped
1 egg
1 clove garlic, grated
1/2 teaspoon Kosher salt
few grinds pepper
marinara sauce
shredded mozzarella cheese (for garnish)
grated Parmesan cheese (for garnish)

Preheat the oven to 425 degrees.

Line six jumbo muffin cups with nonstick foil liners.

In a bowl, mix the ground beef, breadcrumbs, Parmesan, parsley, egg, garlic, Kosher salt and pepper.

Form into six balls. Place the balls into the muffin cups.

Bake until browned, 20 minutes.

Top with marinara and sprinkle with mozzarella and Parmesan.

Bake 15 more minutes.

Per Serving (excluding unknown items): 1613 Calories; 134g Fat (75.6% calories from fat); 93g Protein; 4g Carbohydrate; 1g Dietary Fiber; 619mg Cholesterol; 1822mg Sodium. Exchanges: 13 Lean Meat; 1/2 Vegetable; 19 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	1613	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	75.6%	Vitamin B12 (mcg):	13.1mcg
% Calories from Carbohydrates:	0.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	23.5%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	134g	Folacin (mcg):	88mcg
Saturated Fat (g):	56g	Niacin (mg):	21mg

Monounsaturated Fat (g): 57g
Polyunsaturated Fat (g): 6g
Cholesterol (mg): 619mg
Carbohydrate (g): 4g
Dietary Fiber (g): 1g
Protein (g): 93g
Sodium (mg): 1822mg
Potassium (mg): 1253mg
Calcium (mg): 459mg
Iron (mg): 10mg
Zinc (mg): 18mg
Vitamin C (mg): 28mg
Vitamin A (i.u.): 1469IU
Vitamin A (r.e.): 229 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 13
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 19
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1613 **Calories from Fat:** 1220

% Daily Values*

Total Fat 134g	206%
Saturated Fat 56g	278%
Cholesterol 619mg	206%
Sodium 1822mg	76%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	3%
Protein 93g	
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Vitamin A	29%
Vitamin C	46%
Calcium	46%
Iron	57%

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