

# Great Grandma's Italian Meatballs

Audrey Colantino - Winchester, MA  
Taste of Home - Feb/Mar 2016

## Servings: 8

2 teaspoons olive oil  
1 medium onion, chopped  
3 cloves garlic, minced  
3/4 cup seasoned bread crumbs  
1/2 cup Parmesan cheese, grated  
2 large eggs, lightly beaten  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 teaspoon parsley flakes  
3/4 teaspoon salt  
1 pound lean ground turkey  
1 pound lean ground beef (90% lean)  
hot cooked spaghetti (optional)  
hot cooked pasta sauce (optional)

## Preparation Time: 30 minutes

### Bake: 20 minutes

Preheat the oven to 375 degrees.

In a skillet, heat the oil over medium-high heat. Add the onion. Cook and stir for 3 to 4 minutes or until tender. Add the garlic. Cook 1 minute longer. Cool slightly.

In a large bowl, combine the bread crumbs, cheese, eggs, basil, oregano, parsley and the onion mixture. Add the turkey and beef. Mix lightly but thoroughly. Shape into 1-1/2 inch balls.

Place the meatballs on a rack coated with cooking spray in a 15x10x1-inch baking pan.

Bake for 18 to 22 minutes or until lightly browned and cooked through.

If desired, serve with pasta sauce and spaghetti.

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Per Serving (excluding unknown items): 182 Calories; 8g Fat (40.6% calories from fat); 17g Protein; 10g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 650mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Beef, Italian, Turkey

## Per Serving Nutritional Analysis

Calories (kcal):	182	Vitamin B6 (mg):	.1mg
% Calories from Fat:	40.6%	Vitamin B12 (mcg):	.2mcg

<b>% Calories from Carbohydrates:</b>	21.8%
<b>% Calories from Protein:</b>	37.5%
<b>Total Fat (g):</b>	8g
<b>Saturated Fat (g):</b>	3g
<b>Monounsaturated Fat (g):</b>	2g
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	94mg
<b>Carbohydrate (g):</b>	10g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	17g
<b>Sodium (mg):</b>	650mg
<b>Potassium (mg):</b>	88mg
<b>Calcium (mg):</b>	99mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	1mg
<b>Vitamin A (i.u.):</b>	128IU
<b>Vitamin A (r.e.):</b>	31 1/2RE

<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	.1mg
<b>Folacin (mcg):</b>	12mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refined:</b>	0.0%

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### Food Exchanges

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	2
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

<b>Calories</b> 182	Calories from Fat: 74
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### % Daily Values\*

<b>Total Fat</b> 8g	13%
Saturated Fat 3g	13%
<b>Cholesterol</b> 94mg	31%
<b>Sodium</b> 650mg	27%
<b>Total Carbohydrates</b> 10g	3%
Dietary Fiber 1g	4%
<b>Protein</b> 17g	
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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	2%
<b>Calcium</b>	10%
<b>Iron</b>	5%

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