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## Simple Chicken Meatballs ♦

These simple chicken meatballs are a delicious and versatile dish that can be enjoyed on their own or added to pasta, sandwiches, or salads. Made with ground chicken, breadcrumbs, and a blend of herbs and spices, these meatballs are flavorful and easy to make. They are perfect for a quick weeknight dinner or for entertaining guests.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Ground Chicken
50 g	breadcrumbs
1 pieces	Egg
100 g	onion
2 cloves	garlic

<b>10 g</b>	Parsley
<b>1 teaspoon</b>	salt
<b>0.5 teaspoon</b>	black pepper
<b>1 tablespoon</b>	olive oil

## Directions

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### Step 1

#### Mixing

In a large mixing bowl, combine ground chicken, breadcrumbs, finely chopped onion, minced garlic, chopped parsley, salt, and black pepper.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

Using your hands, mix all the ingredients together until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

## Shaping

Shape the mixture into small meatballs, about 1 inch in diameter.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Heating

Heat olive oil in a large skillet over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

### Frying

Add the meatballs to the skillet and cook for about 10-12 minutes, turning occasionally, until browned and cooked through.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 6

### Resting

Remove the meatballs from the skillet and let them rest for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 180 kcal

**Fat:** 7 g

**Protein:** 22 g

**Carbohydrates:** 6 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	22 g	129.41%	129.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	110 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	250 mg	7.35%	9.62%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Cuisines

Italian

### Course

Appetizers

Main Dishes

Salads

Snacks

### Cultural

Hanukkah

Oktoberfest

### Cost

Under \$10

### Demographics

Kids Friendly

Allergy Friendly

Heart Healthy

### Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

The Whole30 Diet

Atkins Diet

Nordic Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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