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## Meatballs · ·

Meatballs are a classic dish made from ground meat, breadcrumbs, and various seasonings. They are usually served with pasta or as a sandwich filling. This recipe provides a simple and delicious way to make meatballs at home.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	Ground Beef
100 g	breadcrumbs
1 piece	Egg
1 piece	onion
2 clove	garlic

2 Parsley  
tablespoon

1 teaspoon salt

0.5 black pepper  
teaspoon

2 olive oil  
tablespoon

## Directions

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### Step 1

#### Mixing

In a large bowl, combine ground beef, breadcrumbs, egg, finely chopped onion, minced garlic, chopped parsley, salt, and black pepper. Mix well.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

#### Shaping

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

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Frying

Heat olive oil in a large skillet over medium heat. Add the meatballs and cook until browned on all sides, about 10 minutes.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

### Step 4

#### Serving

Serve the meatballs with your favorite pasta or as a sandwich filling.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 10 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
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	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

## Cuisines

Italian

## Course

Appetizers

Main Dishes

Side Dishes

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

## Cost

Under \$10

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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