# **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** 

### Dar Carrina Mutritional Analysis

Calories (kcal):	203	Vitamin B6 (mg):	.1mg
% Calories from Fat:	58.8%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	7.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	33.3%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	13g	Folacin (mcg):	29mcg
Saturated Fat (g):	7g	Niacin (mg): Caffeine (mg): Alcohol (kcal):	trace 0mg 0
Monounsaturated Fat (g):	4g		
Polyunsaturated Fat (g):	1g	% Defuse	n n%
Cholesterol (mg):	236mg		
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
	17g		2
			1

Protein (g):		Lean Meat:	
Sodium (mg):	472mg	Vegetable:	0
Potassium (mg):	181mg	Fruit:	0
Calcium (mg):	374mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	461IU		
Vitamin A (r.e.):	135 1/2RE		

# **Nutrition Facts**

Amount Per Serving				
Calories 203	Calories from Fat: 119			
	% Daily Values*			
Total Fat 13g Saturated Fat 7g Cholesterol 236mg Sodium 472mg Total Carbohydrates 4g Dietary Fiber 0g Protein 17g	20% 33% 79% 20% 1% 0%			
Vitamin A Vitamin C Calcium Iron	9% 1% 37% 6%			

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.