

# Italian Sausage Meatballs

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## **Yield: 15 meatballs**

*1 pound fresh (raw) hot Italian sausage, casings removed*  
*1/2 pound fresh (raw) sweet Italian sausage, casings removed*  
*1 cup Pecorino cheese, grated*  
*1/2 cup plain dry bread crumbs*  
*1 large beaten egg*  
*3/4 cup flat-leaf parsley, chopped*  
*2 peperoncini, minced*  
*1 tablespoon tomato paste*  
*1/4 teaspoon Kosher salt*

## **Bake: 25 minutes**

Preheat the oven to 425 degrees.

In a bowl, combine all of the ingredients.

Mix gently with your hands until just blended.

Roll into golf-ball-size rounds. Place on parchment-lined baking sheets.

Roast until cooked through and golden, about 20 to 25 minutes.

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Per Serving (excluding unknown items): 13 Calories; trace Fat (5.1% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 599mg Sodium. Exchanges: 1/2 Vegetable.

Pork

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	13	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	5.1%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	79.7%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	15.1%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	4mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	3g		
<b>Dietary Fiber (g):</b>	1g		

## **Food Exchanges**

Grain (Starch): 0

**Protein (g):** 1g  
**Sodium (mg):** 599mg  
**Potassium (mg):** 153mg  
**Calcium (mg):** 6mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 7mg  
**Vitamin A (i.u.):** 400IU  
**Vitamin A (r.e.):** 40RE

**Lean Meat:** 0  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	13	<b>Calories from Fat:</b>	1
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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	599mg	25%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	1g	3%
<b>Protein</b>	1g	
<b>Vitamin A</b>		8%
<b>Vitamin C</b>		12%
<b>Calcium</b>		1%
<b>Iron</b>		2%

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