

Taco Meatballs

Paula Macri - Gattuso's Bella Cucina
Treasure Coast Newspaper

1 teaspoon salt
1/2 teaspoon chili powder
1 pound ground chuck
1/2 pound ground pork
1/2 cup onions, diced
1 can (4 ounce) diced green chilies,
drained
1 snack-size bag nacho-flavor tortilla
chips, crushed
1 large egg, beaten
2 cups chunky salsa
1/8 cup fresh cilantro, chopped
Mexican cheese, shredded

Preheat the oven to 375 degrees.

In a large bowl, mix the ground chuck, ground pork, onions, green chilies, tortilla chips, egg, one cup of salsa and the cilantro. Mix with a fork until combined but not overmixed.

Form into meatballs and place two inches apart on a baking sheet lined with foil.

Bake for 30 minutes.

In a large saucepan, heat the remaining salsa.

Add the meatballs and toss to coat.

Sprinkle with fresh cilantro and the Mexican cheese.

Per Serving (excluding unknown items): 1904 Calories; 147g Fat (71.2% calories from fat); 126g Protein; 8g Carbohydrate; 2g Dietary Fiber; 716mg Cholesterol; 2658mg Sodium. Exchanges: 0 Grain(Starch); 18 Lean Meat; 1 Vegetable; 18 1/2 Fat.

Beef, Pork

Per Serving Nutritional Analysis

Calories (kcal):	1904	Vitamin B6 (mg):	2.2mg
% Calories from Fat:	71.2%	Vitamin B12 (mcg):	12.8mcg
% Calories from Carbohydrates:	1.7%	Thiamin B1 (mg):	2.0mg
% Calories from Protein:	27.1%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	147g	Folacin (mcg):	89mcg
Saturated Fat (g):	57g	Niacin (mg):	31mg

Monounsaturated Fat (g): 64g
Polyunsaturated Fat (g): 9g
Cholesterol (mg): 716mg
Carbohydrate (g): 8g
Dietary Fiber (g): 2g
Protein (g): 126g
Sodium (mg): 2658mg
Potassium (mg): 2063mg
Calcium (mg): 129mg
Iron (mg): 11mg
Zinc (mg): 23mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 821IU
Vitamin A (r.e.): 130 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 18
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 18 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1904 **Calories from Fat:** 1356

% Daily Values*

Total Fat	147g	226%
Saturated Fat	57g	286%
Cholesterol	716mg	239%
Sodium	2658mg	111%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	8%
Protein	126g	
Vitamin A		16%
Vitamin C		14%
Calcium		13%
Iron		63%

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