

Wildfire Meatballs

www.BobEvans.com

Servings: 8

*1 pound Bob Evans Zesty Hot
sausage roll*

*1 bottle (18 ounce) Bob Evans
Wildfire barbecue sauce*

1 large egg

1/4 cup breadcrumbs

1/3 cup Parmesan cheese, grated

1/4 cup milk

Preparation Time: 15 minutes

Cook Time: 25 minutes

Preheat the oven to 400 degrees.

In a large bowl, place the sausage, egg, breadcrumbs, cheese and milk. Stir until well combined.

Shape into small meatballs and place in a single layer on a baking sheet.

Bake for 20 to 25 minutes or until browned and cooked through.

In a small saucepan, warm the barbecue sauce. Serve the sauce with the meatballs.

Per Serving (excluding unknown items): 29 Calories; 2g Fat (58.9% calories from fat); 2g Protein; 1g Carbohydrate; 0g Dietary Fiber; 30mg Cholesterol; 74mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 0 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	29
% Calories from Fat:	58.9%
% Calories from Carbohydrates:	7.3%
% Calories from Protein:	33.7%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	30mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Carbohydrate (g):	1g
Dietary Fiber (g):	0g
Protein (g):	2g
Sodium (mg):	74mg
Potassium (mg):	23mg
Calcium (mg):	58mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	63IU
Vitamin A (r.e.):	18 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	29	Calories from Fat: 17
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	5%
Cholesterol	30mg	10%
Sodium	74mg	3%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Protein	2g	
Vitamin A		1%
Vitamin C		0%
Calcium		6%
Iron		1%

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