



NutraFiber® Flakes™

High Fiber Italian Meatballs



What you need:

- 1 lb 80% lean ground beef
- 1/4 cup water
- 1 large egg
- 1/3 cup NutraFiber® Flakes™
- 1 tbsp onion powder
- 1 tsp salt
- 1 tbsp Italian seasoning



Instructions:

1. Preheat oven to 350 °F.
2. Mix all ingredients gently in a large bowl until well combined.
3. Roll into 1 1/2 inch meatballs.
4. Place meatballs on slightly greased cookie sheets 1 1/2 inches apart.
5. Bake meatballs for 20 to 25 minutes or until no longer pink inside.

Yield: Approximately 20 meatballs.

Nutritional Information Serving size: 3.0 oz (85 g)	Amount per serving
Total Carbohydrate, g	4.4
Total Fiber, g	2.7
Net Carbohydrate, g	1.7
Total Protein, g	12.2
Total Fat, g	13.4
Total Calories, kcal	181.0