

Chicken Meatballs



Ingredients (6 servings, 4 meatballs per serving)

- 1 lb ground chicken*
- 1/2 medium onion, grated
- 3 large garlic cloves, grated
- 1 large egg
- 1/4 cup breadcrumbs (gluten free)
- 1/4 tsp salt
- 1 tsp parsley

FFC Chicken Meatballs		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	170.5 kcal	9 %
Total Fat	8.4 g	13 %
Saturated Fat	2.5 g	13 %
Trans Fat	0 g	
Cholesterol	99.4 mg	33 %
Sodium	198.3 mg	8 %
Total Carbohydrate	8.5 g	3 %
Dietary Fiber	0.9 g	3 %
Sugars	0.8 g	
Protein	15.1 g	30 %
Vitamin A	1 %	Vitamin C 2 %
Calcium	2 %	Iron 5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>

*Optional: To make meatballs more flavorful, can add in 1 sweet italian sausage (out of the casing)

Instructions

1. Preheat oven to 400 degrees. You can line a large rimmed baking sheet with parchment paper or foil or a silicone mat to help with clean up.
2. In a bowl, mix the ground chicken with the grated onion, grated garlic, egg, breadcrumbs, and salt.
3. Use a spoon or ice cream scoop to form the chicken mixture into 24 meatballs. Place on the baking sheet. Roll into uniform meatballs. Place in the oven and bake until golden brown and cooked through, about 12-15 minutes.
4. Serve right away or cool completely and store in an airtight container. Freeze for up to two months.