



## 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<br>Serving size: 3.0 oz (85 g) | Amount per<br>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                 |