

Eddie's Meatballs

Shortly after John and I got married I met Ed Kroah, who worked for John at that time. Ed talked about how great his mother's Italian spaghetti and meatballs were. One day Ed came to the house and made it for us. The original recipe called for ground veal but I substituted ground turkey and could never tell the difference. Ever since that day, this has been our very favorite meatballs. The first night we have it over spaghetti but after that we have great meatball sandwiches. Yum!

1 lb ground turkey	2 large eggs
1 lb ground pork	2 cups dried bread crumbs
1 lb ground beef	1 cup Grated Parmesan Cheese

Combined all ingredients. Shape into 2 inch meatballs. Bake for 45 minutes. Add to homemade or prepared spaghetti sauce and simmer for at least 4 hours before serving.

Servings: 20

Yield: 40

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Inactive Time: 4 hours

Total Time: 5 hours

Degree of Difficulty

Degree of Difficulty: Easy

Oven Temperature: 350°F

Nutrition Facts

Serving size: 1/20 of a recipe (3.1 ounces).
 Percent daily values based on the Reference Daily
 Intake (RDI) for a 2000 calorie diet.
 Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	179.54
Calories From Fat (46%)	83.29
% Daily Value	
Total Fat 9.17g	14%
Saturated Fat 3.56g	18%
Cholesterol 60.48mg	20%
Sodium 247.78mg	10%
Potassium 183.35mg	5%
Total Carbohydrates 11.51g	4%
Fiber 0.87g	3%
Sugar 0.75g	
Protein 12.41g	25%
MyPoints 4.18	

Recipe Type: Main Dish