

Italian Chicken Meatballs

Servings per recipe: 6

1 serving counts as 1 protein, 1 melba toast

Carbs: **10g** | Fat: **2.9g** | Fiber: **1.1g** | Protein: **19.4g** | Calories: **147.6**

40 Minutes to prepare and cook

Ingredients

- 565 grams lean ground chicken breast
- 6 slices melba toast, ground
- ¼ cup milk
- 1 whole egg
- ½ tsp oregano
- ½ tsp Italian seasoning
- 1 tbsp. dry minced onion
- ½ tbsp. dry minced garlic
- 1 ½ tbsp. dry parsley flakes
- sea salt and pepper

Directions

Pour milk over meatballs & toast. Mix together all ingredients. Form 18 meatballs. Bake in 400 degree oven for 20 min. slowly turning as they bake. 3 meatballs per person is a serving. Yum!

Serve on top of 100 grams of salad greens or spinach or with 100 grams of baked tomato.

Nutritional Info

Servings Per Recipe: 6

Amount Per Serving

- Calories: 147.6
- Total Fat: 2.9 g
- Cholesterol: 81.8 mg
- Sodium: 1,080.5 mg
- Total Carbs: 10.0 g
- Dietary Fiber: 1.1 g
- Protein: 19.4 g



telephone
email
website

(416) 477 - 1345
info@HCGDIETCANADA.com
www.HCGDIETCANADA.com