



# Buffalo Meatballs

Submitted by Robin Randall  
 Makes 5 servings



- 1 pound ground buffalo meat**
- 1 egg**
- 1/2 cup spaghetti sauce or ketchup**
- 1/2 teaspoon thyme, garlic powder, onion powder, oregano and basil**
- 1/2 - 3/4 cup seasoned bread crumbs (or enough to make a solid meatball)**
- Additional spaghetti sauce to serve alongside**

- 1. Stir all together and make into meatballs.**
- 2. Bake at 350°F for 1/2 hour.**
- 3. Add to spaghetti sauce in crock pot.**

<b>Nutrition Facts</b>	
Serving Size (144g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 190</b>	<b>Calories from Fat 30</b>
<b>% Daily Value*</b>	
<b>Total Fat 3g</b>	<b>6%</b>
<b>Saturated Fat 1g</b>	<b>6%</b>
<b>Cholesterol 80mg</b>	<b>26%</b>
<b>Sodium 620mg</b>	<b>26%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
<b>Dietary Fiber 2g</b>	<b>6%</b>
<b>Sugars 3g</b>	
<b>Protein 23g</b>	
<b>Vitamin A 6%</b>	<b>Vitamin C 8%</b>
<b>Calcium 4%</b>	<b>Iron 15%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 85g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	