Marinara Meatballs

Nutrient Analysis

PER SERVING: 3 Meatballs and ¼ of Sauce

RENAL EXCHANGE: 3 Meat + 1 Vegetable

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
<td>243 Kcal</td>
</tr>
<tr>
<td>Sodium</td>
<td>207 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>21 g</td>
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<tr>
<td>Potassium</td>
<td>443 mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>7 g</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>220 mg</td>
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<tr>
<td>Fiber</td>
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<tr>
<td>Calcium</td>
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<tr>
<td>Sugars</td>
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<tr>
<td>Iron</td>
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<tr>
<td>Fat</td>
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<tr>
<td>Magnesium</td>
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<tr>
<td>Saturated</td>
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<tr>
<td>Vitamin C</td>
<td>23 mg</td>
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<tr>
<td>Cholesterol</td>
<td>89 mg</td>
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</table>

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant
**Marinara Meatballs**

**INGREDIENTS**

**Marinara Sauce**
- 1 tablespoon olive oil
- 1 cup yellow onion, diced
- 3 cloves garlic, minced
- 17 fl oz jar roasted red peppers, drained
- 1 teaspoon dry basil leaves
- ½ teaspoon garlic powder
- 1 cup no salt added* chicken broth

**Meatballs**
- 1 pound lean ground beef
- ½ pound lean ground pork
- 1 tablespoon Dijon mustard
- ¼ cup yellow onion, minced
- ¼ teaspoon ground black pepper
- ½ tablespoon dry oregano leaves
- ½ tablespoon garlic powder
- 1 egg
- ¼ cup panko bread crumbs
- 1 tablespoon olive oil

* Choose the broth with the lowest sodium content but be aware that low sodium products often contain more potassium. Look for potassium chloride under ingredients on the label.

**PREPARATION**

1. To make the sauce, heat oil in a large saucepan and sauté onions and garlic. Add peppers, spices and chicken broth and bring to a simmer for 2 minutes.

2. Puree sauce in a food processor or with a hand blender. Return sauce to the pan, cover with lid, and simmer on low heat.

3. To make the meatballs, blend all ingredients together in a bowl. Form twenty-four meatballs.

4. Heat oil in a skillet and brown the meatballs. Once they are browned, drain fat from skillet.

5. Add the meatballs to the sauce, cover the pan and let them simmer until they are cooked through (approximately 20 minutes). Serve with white rice or pasta.

**SUGGESTION**

✓ The fried meatballs can be frozen in portions and used with another sauce in the future. You can also freeze the meatballs with the sauce.