

Lo Salt Mancini Meatballs Modified

2 lbs ground chuck  
1/4 onion  
1/4 cup dried parsley  
2 eggs  
1 cup no salt added panko Bread crumbs  
1/2 cup parmesan cheese (Kraft)

Mix all ingredients until thoroughly mixed. Shape meatballs, wetting your hands in water as you go will help decrease stickiness. Brown in a frying pan with some olive oil or bake in a 350 degree F oven for 30 minutes. To finish: Cook for 3 hrs in sauce.

660 mg of sodium for the entire batch. Amount per meatball depends on how many meat balls you make. Divide 660 by the number of meatballs to get the mg of sodium per meat ball.