

# Italian Stuffed Meatballs



## Ingredients:

- 1 lb ground beef
- 2 tsp Italian seasoning
- 1 tsp garlic powder
- 1 tbsp minced onion
- 1 tbsp dried parsley
- 2 mozzarella string cheese sticks cut into 8 pcs
- 1 cup low carb marinara sauce

Mix all ingredients together except for cheese. Form balls and place cheese in the center of each meatball. Brown on all sides in a skillet on stovetop. Top with sauce and grated parmesan cheese Bake at 350 for 15-18 minutes.

Nutrition: one meatball

Carbs: 3g

Protein 13g

Fat 12g

Calories 171