



# Confetti Meatballs

## Servings

6

## Calories

170

## Prep Time

15 minutes

## Total Time

45 minutes

## Skill Level

Easy

## Ingredients

1 (12 ounces) package Mann's Broccoli Cole Slaw®  
¾ pound ground turkey, or lean ground beef  
½ cup parsley, finely chopped  
5 teaspoons Parmesan cheese, grated  
2 teaspoons garlic powder  
1 ½ teaspoons dry Italian seasoning  
2 teaspoons garlic & herb salt-free seasoning  
2 eggs



## The Method

Preheat oven to 350° F.

Place bag of Mann's Broccoli Cole Slaw® in microwave oven. Microwave on high for 4 minutes or until Cole Slaw is tender, let slaw cool before adding it to other ingredients.

In a large bowl add all the above ingredients and mix until well combined. Spray baking sheet with cooking spray. Using a standard ice cream scoop to make 12 meatballs and place on prepared baking sheet.

Bake in oven for 350° F for 30 minutes and serve. Meatballs are great served plain, with marinara sauce and spaghetti, in soup or as a hot sandwich.

### Nutrition Facts

Serving Size: 137g | Servings: 6

### Amount Per Serving

Calories 4170 | Calories from Fat 90 | Total Fat 10g (sat 4g trans 0g) | Cholesterol 90mg | Sodium 105mg | Total Carbohydrate 45g | Dietary Fiber 2g | Sugars 2g | Protein 15g | Vitamin A 40% | Vitamin C 90% | Iron 10% | Calcium 6%