

Italian Bean Balls (Meatballs)

Prep Time 2 mins
 Total Time 30 mins
 Meal Type Breakfast,Lunch,Dinner,Snack,Side
 Contributed By



Source From [The Naija Goddess](#)

Servings 3



Ingredients

lb,c g,ml

- 14 oz white beans, canned, *rinsed and drained*
- 1/3 cups sundried tomatoes, *drained and chopped*
- 1/3 cups nutritional yeast
- 1/4 cups oats, *quick-cooking*
- 2 Tbs tomato paste
- 1 tsp Better Than Bouillon vegetable base
- Italian seasoning, *dried*
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp red pepper flakes
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Preheat oven to 350° F. Line the baking sheet with parchment paper.

Make

1. Add beans and sun-dried tomatoes to the food processor and pulse several times.
2. Add all remaining ingredients to the food processor and process until a dough comes together.
3. Scoop out ~10 balls and place them on the baking sheet. Alternatively, use your hands and make golf ball sized balls.
4. Bake the balls for 15 minutes and then roll the balls over. Bake for an additional 10 minutes.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 1.1g		1%	Total Carbohydrates 33g
Saturated Fat 0.1g		0%	Dietary Fiber 11g	42%
Trans Fat 0.0g			Total Sugars 4g	
Cholesterol 0mg		0%	Protein 13g	
Sodium 317mg		13%		
Vitamin D 0mcg 0% · Calcium 12mg 1% · Iron 4mg 24% · Potassium 495mg 10%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -

Calories 174
per serving