

MEATBALL CUPS



	Ingredients	Exchanges
Protein	18.9 gm ground beef	2.7
	6 gm brazil nuts	0.8 (-3.2 gm fat)
	3 gm raw eggs	0.2
Fat	16.8 gm mayonnaise	4 (-3.2 gm)
Carbohydrate	15 gm mushrooms, chopped	1
	1.3 gm tomato paste	0.3
Other	Salt, pepper, garlic powder, & onion powder	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350° F.
- In a small food processor, chop the Brazil nuts finely, then transfer into a small bowl.
- Add in fresh minced mushrooms.
- Then mix in the ground beef, fresh whole egg, mayonnaise, tomato paste, and seasonings; stir until all ingredients are well combined.
- Pour the mixture into a metal muffin pan and bake for about 20 minutes, until the top is browned and the meat is cooked through.

VARIATIONS

- Brazil nuts are an excellent source of selenium.
- Brazil nuts can be substituted with parmesan cheese or extra ground beef.
- Other carbohydrates can be used such as chopped onion, parsnips, mashed potato, or turnips.