

# All-Star Pork Meatballs

Recipe from PorkBelnspired.com

## Times:

Prep Time: 15 minutes prep, Cook Time: 30 minutes cook

## Ingredients:

1 pound Ground Pork  
1 tablespoon onion flakes  
3/4 cup corn flakes, crushed  
1/2 teaspoon salt  
1/8 teaspoon ground black pepper  
1 egg  
1/4 cup ketchup  
3 tablespoons brown sugar  
1 teaspoon dry mustard

## Cooking Directions:

### NEW! U.S. Department of Agriculture guidelines:

Pork can be safely cooked to medium rare at a final internal cooked temperature of 145 degrees F. as measured by a food thermometer, followed by a three-minute rest time. Ground pork, like all ground meats, should be cooked to 160 degrees F.

Heat oven to 375 degrees F. In a large bowl, combine ground pork, onion flakes, corn flakes, salt, pepper and egg. In a small bowl stir together ketchup, brown sugar and dry mustard. Spoon 2 tablespoons of the ketchup mixture into the pork and mix well. Spray muffin tin with vegetable cooking spray. Form 6 meatballs and place in muffin tin. Coat the top of each meatball with the remaining ketchup mixture. Bake for 30 minutes at 375 degrees F., until nicely glazed and internal temperature is 160 degrees F.

Serves 6

## Serving Suggestions:

Fun for kids to make—and eat, too! These meatballs are oversized and cook easily in the oven. Scalloped potatoes and buttered green beans make the meal completed.

## Nutrition:

Calories: 230 calories  
Protein: 16 grams  
Fat: 12 grams  
Sodium: 410 milligrams  
Cholesterol: 85 milligrams  
Saturated Fat: 4 grams  
Carbohydrates: 14 grams  
Fiber: 0 grams

## Random Cooking Tip:

For marinated pork chops, put pork in a self-sealing bag with marinade in the refrigerator first thing in the morning. By suppertime, pork chops can be removed from marinade -dispose of used marinade- and ready to grill.