

Spicy Buffalo Meatballs

If you love buffalo wings, then you're going to love these Spicy Buffalo Meatballs! They are simple, tasty, and have a kick of added spice from the buffalo sauce. You can customize the heat to your liking with the incorporation of red pepper flakes. They make for a great party appetizer or to have as a meal!

Serves 5 **Serving size:** 4 meatballs **Prep time:** 15 minutes **Cook time:** 15 minutes **Total time:** 30 minutes

Ingredients

- 1 pound lean ground meat (ground turkey, ground chicken, or lean ground beef)
- 1 cup vegetables, diced (spinach, carrots, zucchini, mushrooms, etc.)
- 1 egg
- 1/3 cup buffalo wing sauce
- 1/3 cup old-fashioned oats
- 1 teaspoon black pepper
- 1/2 onion, diced
- 2 teaspoons red pepper flakes (optional)



Directions

1. Mix all ingredients in a large bowl until well combined.
2. Spoon out about 1 Tablespoon of the mixture and roll in your hands to form a ping pong ball-sized meatball.
3. Cooking methods
 - **Oven:** Preheat oven to 400°F. Lightly spray a baking sheet with cooking spray. Spread meatballs out on a baking sheet so they do not touch. Bake for 10-12 minutes or until they have reached a safe internal temperature.
 - **Stovetop:** Heat a large skillet over medium-high heat. Lightly spray with cooking spray. Add meatballs in batches so they do not touch while in the pan. Cook for 8-10 minutes, tossing halfway through. Meatballs are done once they have reached a safe internal temperature.
 - **Air Fryer:** Preheat air fryer to 380°F. Lightly spray air fryer basket with cooking spray. Add meatballs in batches so they do not touch while cooking. Cook for 6-8 minutes, tossing halfway through. Meatballs are done once they have reached a safe internal temperature.

**RECOMMENDED
COOKING
TEMPERATURES**

Use a digital thermometer to ensure your food is safely cooked to the correct temperature.

145°F:
Pork or
lamb

158°F:
Ground
beef

165°F:
Chicken or
turkey

Nutrition Facts

5 Servings Per Container

Serving Size 182g

Amount Per Serving
Calories 210

% Daily Value *

Total Fat 9g	12%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 510mg	20%
Total Carbohydrates 12g	4%
Dietary Fiber 3g	10%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0.6mcg	2%
Calcium 60mg	4%
Iron 3.3mg	20%
Potassium 380mg	8%
Phosphorus 250mg	20%

* The % 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.

Ingredients: Ground Turkey, Vegetables, mixed, frozen, unprepared, Buffalo Sauce, Onions, Eggs, Oats, Cayenne Pepper

Contains: Eggs