

Ingredients  
for Life

# 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 old-fashioned oats
- 1/2 onion, diced
- 1/3 cup buffalo wing sauce
- 1 teaspoon black pepper
- 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 &lt;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