

food
network



HEALTH SCORE

71%

Baccala Meatballs: Polpette di Musillo



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



937 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce canned tomatoes whole crushed peeled drained canned
- ☐ 3 large eggs
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 cup gaeta olives black pitted
- ☐ 0.5 bunch oregano fresh finely chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 pounds cod dried cold for 48 hours in water, changing water at least twice daily baccala

- ☐ 0.3 cup salt-packed capers rinsed
- ☐ 6 slices sandwich bread white soft
- ☐ 1 cup nocino green walnut liqueur
- ☐ 1 cup nocino green walnut liqueur

Equipment

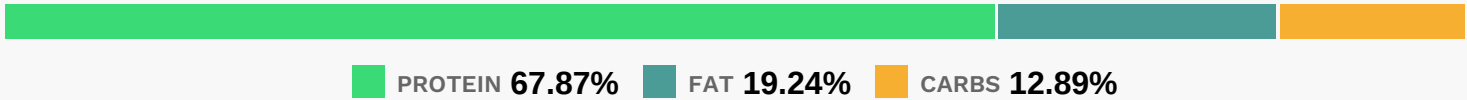
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen towels

Directions

- ☐ Rinse the soaked baccala and pat dry with a kitchen towel.
- ☐ Lightly oil a 10-inch metal baking pan.
- ☐ In a shallow bowl or pan, lay the bread slices flat.
- ☐ Pour the nocino over the bread and let stand, so that the liquor soaks into and softens the bread.
- ☐ Roughly chop the baccala into chunks, about 1/4-inch each.
- ☐ Place these chunks in a medium-sized braising pot.
- ☐ Add the half the olives and half the capers.
- ☐ Add the soaked bread, pouring in any of the excess nocino, and use either your hands or a wooden spoon to blend all the ingredients, breaking up the bread.
- ☐ Mix until the meatball mixture is homogenous. Season with salt and pepper, to taste, and a generous pinch of oregano.
- ☐ Mix again until well combined.
- ☐ Add the eggs and mix until completely homogenous.

- ☐ Using your hands, form 12 evenly sized, meatballs from the mixture, each slightly larger in diameter than a golf ball, but smaller than a tennis ball. Using your palm, squash each meatball so that they resemble thick coins in shape. This shape will help them hold up during the cooking process.
- ☐ In a 12 to 14-inch saucepan, pour 2 tablespoons of olive oil and heat over medium-high until hot but not smoking. Working in batches of 6 at a time, add the meatballs and cook until brown on all sides, about 6 minutes each batch. Set the browned meatballs aside.
- ☐ In a 14-inch saucepan over medium-high heat, heat 1 tablespoon oil until hot but not smoking.
- ☐ Add the sliced garlic and cook until soft and light golden brown, about 5 minutes.
- ☐ Add the tomatoes, the remaining olives, capers and oregano.
- ☐ Add salt and pepper, to taste. Bring to a boil, then lower the heat and let simmer gently for 15 minutes.
- ☐ Add the meatballs and simmer until they are warm throughout.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.94, Glycemic Load:15.7, Inflammation Score:-9, Nutrition Score:55.853478390238%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 936.56kcal (46.83%), Fat: 19.37g (29.8%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 24.92g (9.06%), Sugar: 7.34g (8.16%), Cholesterol: 484.23mg (161.41%), Sodium: 17196.34mg (747.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 153.69g (307.39%), Selenium: 357.18µg (510.26%), Vitamin B12: 23.01µg (383.56%), Phosphorus: 2312.61mg (231.26%), Vitamin B6: 2.27mg (113.39%), Potassium: 3765.24mg (107.58%), Vitamin B3: 20.31mg (101.56%), Magnesium: 343.73mg (85.93%), Vitamin E: 10.15mg (67.67%), Vitamin D: 9.82µg (65.48%), Vitamin B1: 0.91mg (60.66%), Calcium: 525.65mg (52.57%), Iron: 9.34mg (51.88%), Vitamin B2: 0.87mg (51.2%), Vitamin B5: 4.91mg (49.14%), Copper: 0.73mg (36.48%), Folate: 132.08µg (33.02%), Zinc: 4.77mg (31.8%), Manganese: 0.61mg (30.5%), Vitamin C: 19.08mg (23.12%), Vitamin A: 899.71IU

(17.99%), Fiber: 4.26g (17.03%), Vitamin K: 10.66μg (10.16%)