



Baked Chicken Meatballs with Peperonata

READY IN



45 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings bread italian
- ☐ 1.5 tablespoons capers drained
- ☐ 1 large eggs
- ☐ 3 tablespoons flat parsley finely chopped
- ☐ 1 small garlic clove minced
- ☐ 1 pound ground chicken
- ☐ 1 cup bread crumbs italian
- ☐ 0.3 cup milk
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 1 small onion finely chopped
- ☐ 3 ounces pancetta sliced finely chopped
- ☐ 3 bell pepper red cut into strips
- ☐ 0.1 teaspoon pepper red hot
- ☐ 1 teaspoon red-wine vinegar
- ☐ 1 tablespoon tomato paste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400°F with racks in upper and lower thirds.
- ☐ Toss bell peppers with 1 tablespoon oil, then roast in a 4-sided sheet pan in lower third of oven, stirring occasionally, until tender and browned, about 35 minutes.
- ☐ Stir together capers, vinegar, red pepper flakes, and remaining 1/2 tablespoon oil in a medium bowl and set aside.
- ☐ Soak bread in milk in a small bowl until softened, about 4 minutes.
- ☐ Cook pancetta, onion, and garlic in 1 tablespoon oil with 1/2 teaspoon each of salt and pepper in a 10-inch skillet over medium heat until onion is softened, about 6 minutes. Cool slightly.
- ☐ Squeeze bread to remove excess milk, then discard milk. Lightly beat egg in a large bowl, then combine with chicken, pancetta mixture, bread, and parsley. Form 12 meatballs and arrange in another 4-sided sheet pan.
- ☐ Stir together tomato paste and remaining tablespoon oil and brush over meatballs, then bake in upper third of oven until meatballs are just cooked through, 15 to 20 minutes.
- ☐ Toss bell peppers with caper mixture.
- ☐ Serve meatballs with peperonata.

Nutrition Facts



 PROTEIN **23.74%**  FAT **54.93%**  CARBS **21.33%**

Properties

Glycemic Index:65.67, Glycemic Load:9.36, Inflammation Score:-10, Nutrition Score:29.743478350017%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 495.34kcal (24.77%), Fat: 30.57g (47.03%), Saturated Fat: 8.79g (54.93%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 22.77g (8.28%), Sugar: 9.82g (10.91%), Cholesterol: 160.5mg (53.5%), Sodium: 514.69mg (22.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.73g (59.46%), Vitamin C: 120.83mg (146.46%), Vitamin A: 3240.09IU (64.8%), Vitamin K: 61.51µg (58.58%), Vitamin B3: 10.18mg (50.88%), Vitamin B6: 1.01mg (50.26%), Selenium: 28.68µg (40.96%), Phosphorus: 351.54mg (35.15%), Vitamin B2: 0.55mg (32.22%), Potassium: 1013.49mg (28.96%), Vitamin B1: 0.39mg (25.8%), Manganese: 0.51mg (25.72%), Vitamin B5: 2.18mg (21.81%), Vitamin E: 3.26mg (21.73%), Folate: 85.37µg (21.34%), Zinc: 2.8mg (18.66%), Iron: 3.23mg (17.97%), Vitamin B12: 0.96µg (16.04%), Fiber: 3.93g (15.73%), Magnesium: 59.94mg (14.98%), Copper: 0.19mg (9.43%), Calcium: 93.64mg (9.36%), Vitamin D: 0.56µg (3.72%)