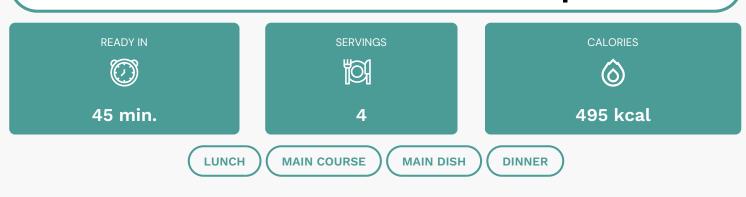


Baked Chicken Meatballs with Peperonata



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	
Ц	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, ther 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

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, Luteolin: 0.59mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.

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 %: O% (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%)