



Beer Braised Beef Meatballs with Horseradish Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



1250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bottle amber ale (tangy and sweeter) (bitter)
- 10 ounce beef consomme canned
- 6 cloves made into a paste grated
- 1 eggs
- 2 tablespoons evoo
- 0.3 cup chives fresh minced
- 0.5 cup parsley leaves fresh finely chopped
- 2 pounds ground beef

- 0.3 cup heavy cream
- 4 round tablespoons horseradish prepared
- 4 servings kosher salt and pepper freshly ground
- 1 cup milk
- 1.5 cups cup heavy whipping cream sour
- 1 loaf sourdough bread
- 1 bunch watercress stemmed
- 0.3 cup worcestershire sauce

Equipment

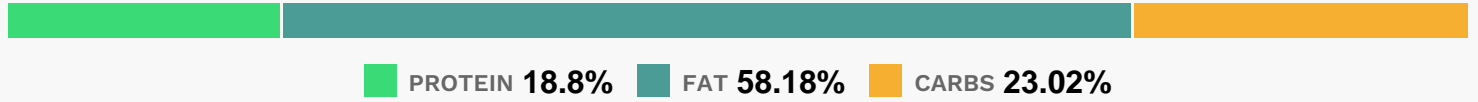
- bowl
- frying pan
- oven
- aluminum foil

Directions

- Watch how to make this recipe.
- Cut two 1-inch-thick slices of bread and soak them in the milk to soften.
- Combine the beef, Worcestershire sauce and some salt and pepper in a large bowl. Squeeze the excess liquid from the bread, then crumble it into small pieces between your fingers as you add it to the beef.
- Add the parsley, 2 tablespoons horseradish, the garlic and egg.
- Mix until just combined, then form into 2 1/2-inch balls.
- Heat a cast-iron skillet or large, wide heavy-bottomed pan over medium-high heat.
- Add the EVOO to the hot skillet, then cook the meatballs until browned, 7 to 8 minutes.
- Add the beer and cook for 1 minute to reduce it slightly.
- Add the consomme, cover the skillet with foil and cook for 12 to 15 minutes, shaking the skillet occasionally.
- Meanwhile, toast the remaining loaf bread in the oven.

- Combine the sour cream, chives, heavy cream and the remaining 2 tablespoons horseradish in a bowl. Season with salt and pepper.
- Divide the meatballs among plates and garnish with the watercress.
- Serve with the sour cream dipping sauce and hunks of toasted bread.

Nutrition Facts



Properties

Glycemic Index:80.88, Glycemic Load:46.71, Inflammation Score:-9, Nutrition Score:47.078261085179%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 1249.94kcal (62.5%), Fat: 80.54g (123.9%), Saturated Fat: 32.69g (204.3%), Carbohydrates: 71.71g (23.9%), Net Carbohydrates: 68.77g (25.01%), Sugar: 14.17g (15.74%), Cholesterol: 276.96mg (92.32%), Sodium: 1725.76mg (75.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.55g (117.09%), Vitamin K: 155.71µg (148.29%), Selenium: 75.41µg (107.73%), Vitamin B12: 5.54µg (92.27%), Vitamin B3: 16.07mg (80.32%), Zinc: 11.56mg (77.08%), Vitamin B2: 1.19mg (70.16%), Phosphorus: 670.03mg (67%), Vitamin B1: 0.99mg (66.23%), Iron: 11.03mg (61.28%), Vitamin B6: 0.98mg (48.96%), Folate: 184.81µg (46.2%), Vitamin A: 1873.71IU (37.47%), Potassium: 1270.38mg (36.3%), Manganese: 0.69mg (34.48%), Calcium: 328.36mg (32.84%), Magnesium: 104.61mg (26.15%), Vitamin B5: 2.32mg (23.18%), Vitamin C: 18.21mg (22.07%), Copper: 0.41mg (20.45%), Vitamin E: 2.93mg (19.53%), Fiber: 2.95g (11.79%), Vitamin D: 1.36µg (9.04%)