



## Beetballs (Vegan, Gluten-Free Sausage)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

### Ingredients

- 1 medium beets raw
- 0.3 teaspoon pepper black freshly ground
- 1 cup chickpeas cooked
- 0.5 ounce the following: parmesan rind) dried
- 0.3 teaspoon fennel seeds
- 2 cloves garlic chopped
- 2 tablespoons ground flaxseed
- 0.3 teaspoon liquid smoke smoked

- 1 tablespoon nutritional yeast
- 2 teaspoons oregano
- 0.5 cup pecans raw low-fat for alternative (see note )
- 0.3 teaspoon pepper red to taste (or )
- 0.5 teaspoon rubbed sage
- 1 teaspoon salt to taste (or )
- 1 teaspoon paprika smoked (mild or spicy)
- 0.5 medium onion red yellow coarsely chopped

## Equipment

- food processor
- baking sheet
- sauce pan
- baking paper
- oven
- mixing bowl
- sieve
- slotted spoon

## Directions

- Place the mushrooms in a small saucepan and add 1 cup of water. Bring to a boil and let simmer for 10 minutes.
- Remove the mushrooms with a slotted spoon and rinse them well and set aside. Strain the broth through a coffee filter or fine sieve and reserve it for later use. (Leftover mushroom broth can be used in any recipe that calls for vegetable broth.) While the mushrooms are cooking, put the nuts into a food processor and pulse to chop finely. Do not over-process—we want finely chopped nuts, not nut powder.
- Place the nuts in a large mixing bowl. Peel the beet and cut it into cubes.
- Add it to the food processor along with the reserved mushrooms, garlic, and onion and pulse to chop coarsely.

- Add the chickpeas and all remaining ingredients and pulse several times to chop the chickpeas, but do not turn it into a paste. All the individual ingredients should be recognizable.
- Add the processor contents to the nuts and stir well to combine. If the mixture seems dry, add a tablespoon of the reserved mushroom broth. Allow the mixture to rest while you preheat the oven to 350F and line a baking sheet with parchment paper. Using a tablespoon or cookie scoop, measure out a heaping tablespoon of "dough." Using damp hands, form it into a ball, squeezing lightly to compact it. If the dough seems too dry, add additional broth (this should not be necessary—you don't want the dough to be too wet).
- Place the ball on the lined baking sheet and repeat with remaining dough. You should be able to make about 18–22 balls. If you like, flatten some of the balls to use in sandwiches or on pizza.
- Bake until the balls are brown and slightly crisp on the outside, about 35 minutes. (Flattened balls will take a little less time.) Allow to cool for a few minutes before serving.

## Nutrition Facts

**PROTEIN 13.3%** **FAT 45.15%** **CARBS 41.55%**

### Properties

Glycemic Index:60.19, Glycemic Load:4.47, Inflammation Score:-9, Nutrition Score:14.46304341762%

### Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

### Nutrients (% of daily need)

Calories: 220.17kcal (11.01%), Fat: 11.81g (18.16%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 16.12g (5.86%), Sugar: 6.17g (6.85%), Cholesterol: 0mg (0%), Sodium: 623.18mg (27.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.65%), Manganese: 1.38mg (68.82%), Folate: 133.75µg (33.44%), Fiber: 8.32g (33.28%), Copper: 0.57mg (28.75%), Magnesium: 69.12mg (17.28%), Phosphorus: 163.57mg (16.36%),

Iron: 2.81mg (15.59%), Vitamin B1: 0.22mg (14.95%), Potassium: 485.05mg (13.86%), Zinc: 1.86mg (12.42%), Vitamin B5: 1.15mg (11.5%), Vitamin B6: 0.22mg (11.12%), Vitamin K: 9.56µg (9.1%), Vitamin B2: 0.13mg (7.54%), Selenium: 5.2µg (7.43%), Calcium: 70.89mg (7.09%), Vitamin A: 334.37IU (6.69%), Vitamin B3: 1.26mg (6.29%), Vitamin C: 4.44mg (5.38%), Vitamin E: 0.73mg (4.84%)