



## Bon Appetit's Meatballs

READY IN



80 min.

SERVINGS



30

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 loaf day-old bread italian hard ()
- ☐ 32 ounce carton chicken broth low-sodium
- ☐ 4 large eggs beaten
- ☐ 1.5 pounds sausage without fennel sweet italian
- ☐ 1.5 pounds ground beef sirloin
- ☐ 1.5 pounds ground beef chuck
- ☐ 1.5 pounds coarsely ground pork
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup parsley leaves fresh italian packed

- ☐ 8 ounces pecorino romano cheese    grated locatelli® (such as )
- ☐ 2 tablespoons butter    unsalted
- ☐ 1 head garlic    whole minced

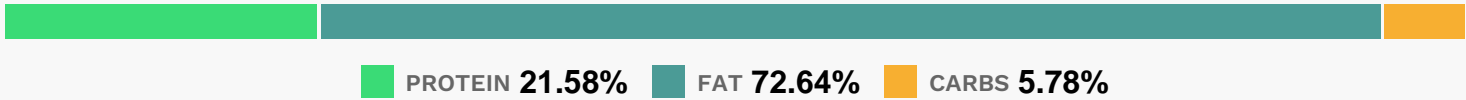
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ baking pan

## Directions

- ☐ Combine ground pork, Italian sausage, ground sirloin, and ground chuck in a large bowl.
- ☐ Mix them with your hands until thoroughly combined.
- ☐ Soak bread chunks in chicken broth in a bowl until completely soft.
- ☐ Combine garlic and parsley in a mini chopper or food processor and grind to a fine paste. Squeeze the excess broth out of the bread, reserving the broth in a bowl, and add the bread to the meats along with the garlic and parsley paste. Gently mix in beaten eggs and grated Pecorino Romano cheese with your hands until fully incorporated into the meat mixture. If the mixture seems dry, pour in some of the reserved chicken broth.
- ☐ Pinch off golf ball-sized pieces of the meat mixture and roll them into meatballs, taking care not to pack them too tightly, and set them on a baking tray. Depending on how big you make them, you should end up with about 30 meatballs.
- ☐ Heat the olive oil and butter in a large skillet over medium-high heat. Working in two or three batches, brown the meatballs on all sides and drain on paper towels. If you're adding them to a pot of sauce, you may undercook them slightly, as they will finish cooking in the sauce.

## Nutrition Facts



## Properties

Glycemic Index:3.9, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:12.047391347263%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 363.8kcal (18.19%), Fat: 29.08g (44.74%), Saturated Fat: 11.56g (72.24%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.86g (1.77%), Sugar: 2.48g (2.75%), Cholesterol: 100.44mg (33.48%), Sodium: 347.56mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.44g (38.87%), Vitamin K: 34.97µg (33.3%), Selenium: 21.29µg (30.42%), Vitamin B12: 1.51µg (25.19%), Phosphorus: 228.89mg (22.89%), Vitamin B1: 0.33mg (22.27%), Vitamin B3: 4.44mg (22.18%), Zinc: 3.16mg (21.07%), Vitamin B6: 0.34mg (16.78%), Vitamin B2: 0.24mg (13.89%), Calcium: 105.49mg (10.55%), Iron: 1.89mg (10.52%), Potassium: 318.1mg (9.09%), Vitamin B5: 0.64mg (6.44%), Magnesium: 21.93mg (5.48%), Vitamin A: 260.85IU (5.22%), Folate: 17.64µg (4.41%), Vitamin C: 3.56mg (4.32%), Copper: 0.08mg (4.22%), Vitamin E: 0.57mg (3.8%), Manganese: 0.04mg (2.11%), Vitamin D: 0.23µg (1.54%), Fiber: 0.35g (1.4%)