



Braised Meatballs in Red-Wine Gravy

READY IN



45 min.

SERVINGS



6

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings flour
- ☐ 6 ounce bread french generous cut into 8 pieces
- ☐ 2 tablespoons butter ()
- ☐ 3 cups beef broth canned
- ☐ 2 cups wine dry red
- ☐ 2 large eggs
- ☐ 1.8 pounds ground beef 7% 15% (to fat)
- ☐ 1 teaspoon pepper black
- ☐ 1.5 teaspoons olive oil

- ☐ 1 medium onion finely chopped
- ☐ 0.5 cup parsley fresh italian chopped
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon summer savory dried
- ☐ 0.3 cup tomato paste
- ☐ 1 cup milk whole

Equipment

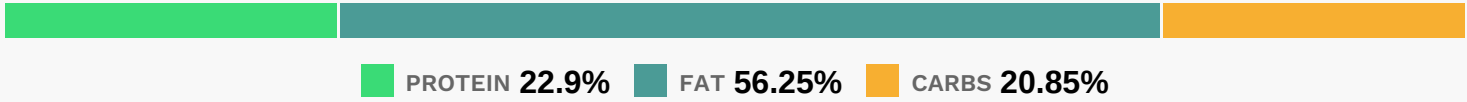
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine bread pieces and whole milk in medium bowl, pressing on bread to submerge; let stand until milk is absorbed, about 10 minutes. Squeeze out most of milk from bread; discard milk.
- ☐ Place bread in large bowl.
- ☐ Add ground beef, eggs, finely chopped onion, 1/2 cup chopped Italian parsley, salt, pepper, and dried summer savory and mix well.
- ☐ Transfer meat mixture to processor. Process until well blended and mixture looks pasty. Form mixture into 1 3/4-inch-diameter meatballs (about 30). Divide meatballs between two 13x9x2-inch glass baking dishes.
- ☐ Bake meatballs 30 minutes. Set meatballs aside.
- ☐ Dust meatballs with flour; shake off excess. Melt butter with oil in heavy large skillet over medium-high heat. Working in batches, add meatballs to skillet and sauté until brown on all sides, about 3 minutes. Return all meatballs to skillet.
- ☐ Whisk wine and tomato paste in small bowl to blend.
- ☐ Add wine mixture to meatballs and bring to boil. Continue boiling until wine thickens slightly, stirring frequently, about 5 minutes.

- ☐ Add broth, reduce heat to medium and simmer until flavors blend and gravy thickens, stirring frequently, about 15 minutes. Season to taste with salt and pepper.
- ☐ Transfer meatballs and gravy to bowl.
- ☐ Sprinkle with remaining 1 tablespoon parsley and serve.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:17.4, Inflammation Score:-8, Nutrition Score:26.134347874185%

Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 626.94kcal (31.35%), Fat: 35.32g (54.34%), Saturated Fat: 14.32g (89.48%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 27.25g (9.91%), Sugar: 5.5g (6.11%), Cholesterol: 170.84mg (56.95%), Sodium: 1640.2mg (71.31%), Alcohol: 8.4g (100%), Alcohol %: 2.27% (100%), Protein: 32.36g (64.72%), Vitamin K: 87.57µg (83.4%), Vitamin B12: 3.29µg (54.85%), Selenium: 38µg (54.29%), Vitamin B3: 8.85mg (44.27%), Zinc: 6.46mg (43.05%), Phosphorus: 356.65mg (35.66%), Vitamin B2: 0.54mg (31.77%), Iron: 5.55mg (30.83%), Vitamin B6: 0.59mg (29.6%), Vitamin B1: 0.37mg (24.8%), Potassium: 726.71mg (20.76%), Folate: 80.68µg (20.17%), Manganese: 0.39mg (19.52%), Vitamin A: 904.51IU (18.09%), Calcium: 141.88mg (14.19%), Magnesium: 55.19mg (13.8%), Vitamin C: 10.81mg (13.1%), Vitamin B5: 1.29mg (12.91%), Copper: 0.21mg (10.65%), Vitamin E: 1.57mg (10.45%), Fiber: 2.21g (8.84%), Vitamin D: 0.91µg (6.09%)