



## Buffalo-Buffalo Meatballs

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 ounces cheese blue crumbled
- 3 carrots
- 0.3 teaspoon cayenne pepper
- 3 stalks celery plus 1 tablespoon celery leaves chopped
- 1 large eggs
- 1 tablespoon parsley fresh chopped
- 1 clove garlic grated
- 1 pound ground bison
- 0.8 cup buffalo hot sauce

- 0.5 cup catsup
- 8 servings kosher salt
- 1 cup chicken broth low-sodium
- 0.8 cup panko breadcrumbs
- 4 scallions finely chopped
- 1 cup heavy whipping cream sour
- 1 tablespoon butter unsalted
- 8 servings vegetable oil for brushing

## Equipment

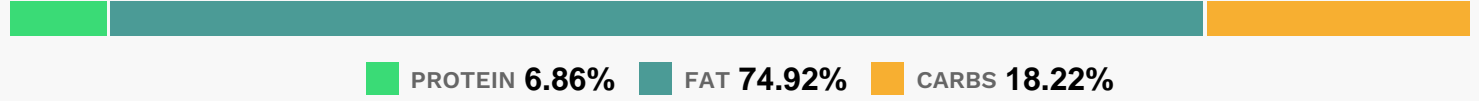
- bowl
- baking sheet
- oven
- dutch oven

## Directions

- Preheat the oven to 400 degrees F and lightly brush a baking sheet with vegetable oil.
- Mix 2 tablespoons sour cream, the panko and egg in a large bowl; let sit 5 minutes.
- Grate 1 carrot and 1 celery stalk into the bowl with the panko mixture.
- Add the meat, celery leaves, half of the scallions, the parsley, garlic, cayenne and 1/2 teaspoon salt and mix with your hands until combined. Dampen your hands and shape the mixture into 36 mini meatballs (about 1 inch each); arrange on the prepared baking sheet.
- Bake until browned and cooked through, about 12 minutes.
- Meanwhile, melt the butter in a Dutch oven or large pot over medium-high heat.
- Add the remaining scallions and cook until wilted, 1 minute.
- Add the chicken broth, hot sauce and ketchup; bring to a boil, then reduce the heat to medium low. Simmer until the sauce thickens slightly, about 8 minutes.
- Add the meatballs; simmer until tender, about 8 more minutes.
- Mix the blue cheese and the remaining 3/4 cup plus 2 tablespoons sour cream in a medium bowl.

- Cut the remaining 2 carrots and 2 celery stalks into sticks.
- Transfer the meatballs to a bowl and serve with the vegetable sticks and blue cheese dip.
- Photograph by Kana Okada

## Nutrition Facts



### Properties

Glycemic Index:28.98, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:12.475217414939%

### Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

### Nutrients (% of daily need)

Calories: 284.04kcal (14.2%), Fat: 24.28g (37.36%), Saturated Fat: 7.61g (47.53%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 12.07g (4.39%), Sugar: 6.15g (6.83%), Cholesterol: 49.29mg (16.43%), Sodium: 1091.43mg (47.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10.01%), Vitamin A: 4375.23IU (87.5%), Vitamin K: 51.66µg (49.2%), Vitamin C: 21.02mg (25.48%), Vitamin E: 1.84mg (12.24%), Vitamin B2: 0.2mg (11.72%), Calcium: 99.5mg (9.95%), Phosphorus: 97.94mg (9.79%), Selenium: 5.67µg (8.1%), Potassium: 270.38mg (7.73%), Vitamin B6: 0.15mg (7.26%), Vitamin B3: 1.43mg (7.13%), Manganese: 0.13mg (6.74%), Folate: 25.14µg (6.29%), Vitamin B1: 0.09mg (6.29%), Fiber: 1.21g (4.84%), Iron: 0.85mg (4.73%), Vitamin B5: 0.45mg (4.52%), Vitamin B12: 0.25µg (4.24%), Zinc: 0.62mg (4.12%), Copper: 0.08mg (3.94%), Magnesium: 15.51mg (3.88%), Vitamin D: 0.19µg (1.24%)