



Chicken and Sun-Dried-Tomato Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes whole with their juices peeled canned
- ☐ 0.3 cup bread crumbs dry fine
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon milk fat-free
- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 0.3 cup flour for dusting all-purpose
- ☐ 2 garlic cloves
- ☐ 1 pound ground chicken breast
- ☐ 1 large jalapeño-halved seeded coarsely chopped

- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon oregano dried
- ☐ 4 oil-packed sun-dried tomato halves dry drained

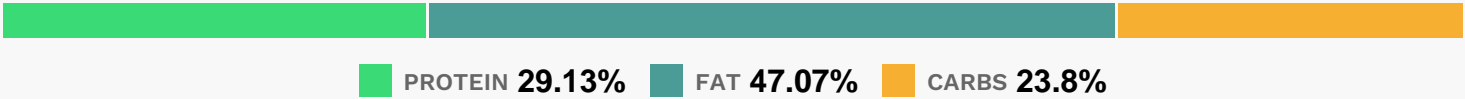
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a food processor, pulse the sun-dried tomatoes, 1 garlic clove, half of the jalapeo, 1/2 teaspoon of salt and 1/8 teaspoon of pepper until finely chopped.
- ☐ Add the bread crumbs and pulse to combine.
- ☐ Transfer the mixture to a large bowl and stir in the chicken, egg and milk. Using lightly moistened hands, roll the mixture into 20 meatballs, a scant 1 1/2 tablespoons each. Dust the meatballs lightly with flour, tapping off any excess.
- ☐ Wipe out the food processor and add the remaining garlic clove and jalapeo half; pulse until chopped.
- ☐ Add the tomatoes and their juices and the oregano and process until smooth.
- ☐ In a 9-inch cast-iron skillet, heat the olive oil until shimmering.
- ☐ Add the meatballs and cook over moderate heat, turning, until golden but not quite cooked through, 5 to 6 minutes.
- ☐ Transfer to a plate.
- ☐ Add the tomato sauce to the skillet and simmer until slightly thickened, about 2 minutes. Return the meatballs to the skillet and simmer, turning, until just cooked through, about 2 minutes longer.
- ☐ Transfer to a bowl, sprinkle with the parsley and serve.
- ☐ Serve With: Pasta or crusty bread.
- ☐ Notes: One serving 290 calories, 4 gm total fat, 8 gm saturated fat, 16 gm carb.

Nutrition Facts



Properties

Glycemic Index:68.81, Glycemic Load:6.93, Inflammation Score:-6, Nutrition Score:19.705652195474%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 340.61kcal (17.03%), Fat: 18.2g (28%), Saturated Fat: 4.12g (25.76%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 17.72g (6.45%), Sugar: 6.13g (6.81%), Cholesterol: 144.13mg (48.04%), Sodium: 469.6mg (20.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.34g (50.67%), Vitamin B3: 8.76mg (43.81%), Vitamin B6: 0.81mg (40.66%), Selenium: 20.79µg (29.71%), Potassium: 1030.24mg (29.44%), Phosphorus: 294.35mg (29.43%), Vitamin K: 30.56µg (29.11%), Vitamin B2: 0.47mg (27.69%), Vitamin B1: 0.35mg (23.38%), Manganese: 0.41mg (20.26%), Iron: 3.58mg (19.91%), Vitamin C: 16.19mg (19.63%), Vitamin E: 2.92mg (19.47%), Vitamin B5: 1.87mg (18.68%), Copper: 0.34mg (16.85%), Zinc: 2.36mg (15.7%), Magnesium: 56.9mg (14.22%), Vitamin B12: 0.79µg (13.19%), Fiber: 2.98g (11.93%), Folate: 46.43µg (11.61%), Vitamin A: 439.94IU (8.8%), Calcium: 78.12mg (7.81%), Vitamin D: 0.29µg (1.94%)