



Chicken Meatballs with Artichokes & Carrots

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



813 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cup chicken broth
- ☐ 2 egg yolks separated
- ☐ 2 tablespoon flat parsley minced
- ☐ 12 ounce artichoke hearts frozen thawed
- ☐ 1.5 ground chicken
- ☐ 0.3 cup heavy cream
- ☐ 1 pinch kosher salt
- ☐ 2 tablespoon squeezed lemon juice fresh

- ☐ 3 tablespoon milk
- ☐ 1 ounce olive oil as needed plus more
- ☐ 2 tablespoon parmesan cheese grated
- ☐ 0.5 teaspoon sea salt
- ☐ 2 teaspoon thyme leaves minced
- ☐ 3 tablespoon vermouth white
- ☐ 1 large yukon gold potatoes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ ice cream scoop
- ☐ potato ricer

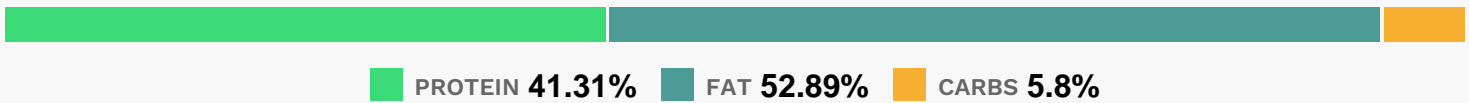
Directions

- ☐ Put the potato pieces in a saucepan, cover them completely with water, add a big pinch of salt, and set the pan over medium-high heat. Cook potato until tender, about 14 minutes.
- ☐ Drain and return the pieces to the hot empty saucepan they were boiled in. Lower heat to medium-low and dry the potatoes somewhat, being careful not to scorch them.
- ☐ Remove from heat and let cool somewhat. Pass the potato pieces through a ricer into a large bowl.
- ☐ Add ground chicken, thyme, 1 egg yolk, cheese, milk and salt; blend with your hands until just combined well (do not over-mix). The mixture should be a bit wet and sticky. Which may make them a bit more difficult to work with but makes for a much better texture when cooked. In a large cast iron or non-stick skillet, heat ¼ cup oil over medium heat. Use an ice cream scoop about 1 ½-inches in diameter to form balls, dropping them directly into the hot pan. Fry meatballs, in batches of 6 or 8, turning often, until well browned and nearly cooked

through, about 4 minutes per batch.

- ☐ Add more oil between batches if needed.
- ☐ Transfer to paper towels with a slotted spoon.
- ☐ Heat remaining 2 tablespoons oil in a large high-sided skillet or heavy pot over medium-high heat.
- ☐ Add defrosted artichokes, carrots and shallot; cook, stirring frequently, for 3 minutes.
- ☐ Add vermouth to deglaze pan and let it reduce some.
- ☐ Add the broth; bring to a boil, reduce to a simmer and cook for 10 minutes. Carefully add meatballs and continue cooking, gently turning meatballs halfway through, until vegetables are tender and meatballs are cooked through, about 10 minutes. In a small bowl, whisk together lemon juice, remaining egg yolk and cream; gently stir into pot with meatballs. Return broth to simmer and cook for 3 minutes.
- ☐ Sprinkle with parsley.
- ☐ Serve warm

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:3.82, Inflammation Score:-8, Nutrition Score:39.868695518245%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 813.01kcal (40.65%), Fat: 47.85g (73.61%), Saturated Fat: 14.44g (90.25%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 8.84g (3.21%), Sugar: 1.56g (1.73%), Cholesterol: 470.4mg (156.8%), Sodium: 972.68mg (42.29%), Alcohol: 0.71g (100%), Alcohol %: 0.13% (100%), Protein: 84.08g (168.17%), Vitamin B3: 26.38mg (131.9%), Vitamin B6: 2.49mg (124.42%), Phosphorus: 911.14mg (91.11%), Vitamin B2: 1.32mg (77.77%), Potassium: 2693.75mg (76.96%), Selenium: 51.11µg (73.01%), Vitamin B5: 5.41mg (54.08%), Zinc: 7.28mg (48.53%), Vitamin B12: 2.76µg

(45.94%), Vitamin B1: 0.59mg (39.64%), Magnesium: 122.9mg (30.73%), Vitamin K: 29.29µg (27.89%), Iron: 4.72mg (26.24%), Folate: 93.11µg (23.28%), Copper: 0.39mg (19.33%), Manganese: 0.33mg (16.32%), Vitamin C: 13.42mg (16.27%), Vitamin E: 2.23mg (14.84%), Fiber: 2.99g (11.95%), Vitamin A: 491.99IU (9.84%), Calcium: 94.34mg (9.43%), Vitamin D: 0.57µg (3.82%)