



Chipotle Meatballs

READY IN



40 min.

SERVINGS



8

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 1 tablespoon chipotles in adobo canned seeded finely chopped
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup flat parsley chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.8 pound ground pork
- ☐ 0.5 pound ground veal

- ☐ 8 servings lime wedges
- ☐ 0.5 cup onion finely chopped
- ☐ 0.8 teaspoon oregano dried
- ☐ 2 tablespoons water
- ☐ 0.3 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ broiler
- ☐ skewers
- ☐ slotted spoon
- ☐ broiler pan

Directions

- ☐ Stir together milk and bread crumbs in a large bowl.
- ☐ Cook bacon in a 10-inch heavy skillet over medium heat, stirring occasionally, until crisp.
- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ Pour off all but 1 tablespoon fat from skillet, then cook onion, garlic, chipotles, cumin, and oregano in skillet, stirring, until onion is softened, about 3 minutes.
- ☐ Add water and cook, stirring and scraping up brown bits, until water has evaporated, about 1 minute. Stir into bread crumb mixture, then add ground meats, egg, parsley, bacon, and 1 teaspoon salt and mix well with your hands.
- ☐ Preheat broiler.
- ☐ Form scant tablespoons of meat mixture into balls and thread 3 balls 1/2 inch apart onto each skewer, arranging skewers on a lightly oiled broiler pan. Broil 3 to 4 inches from heat (do not turn) until browned and cooked through, 8 to 10 minutes.
- ☐ Meatballs can be formed and skewered, but not cooked, 1 day ahead and chilled.

Nutrition Facts

PROTEIN 25.82% FAT 64.92% CARBS 9.26%

Properties

Glycemic Index:21.13, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:11.499130388965%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 263.43kcal (13.17%), Fat: 18.73g (28.82%), Saturated Fat: 6.78g (42.41%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.23g (1.9%), Sugar: 1.4g (1.55%), Cholesterol: 89.22mg (29.74%), Sodium: 204.28mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.77g (33.53%), Vitamin K: 32.34µg (30.8%), Vitamin B1: 0.44mg (29.44%), Selenium: 19.54µg (27.91%), Vitamin B3: 5.01mg (25.07%), Phosphorus: 193.02mg (19.3%), Vitamin B6: 0.37mg (18.74%), Vitamin B2: 0.26mg (15.19%), Zinc: 2.25mg (15.02%), Vitamin B12: 0.89µg (14.77%), Vitamin B5: 0.94mg (9.35%), Potassium: 313.56mg (8.96%), Iron: 1.44mg (8.02%), Magnesium: 24.47mg (6.12%), Manganese: 0.11mg (5.4%), Vitamin C: 4.16mg (5.04%), Calcium: 47.73mg (4.77%), Folate: 18.89µg (4.72%), Vitamin A: 224.5IU (4.49%), Copper: 0.09mg (4.37%), Fiber: 0.78g (3.11%), Vitamin D: 0.3µg (2.02%), Vitamin E: 0.28mg (1.87%)