



## Cook the Book: Pork Sausage Spiedini with Bocconcini and Cherry Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound baby mozzarella balls
- ☐ 3 tablespoons basil fresh minced for garnish
- ☐ 3 cloves garlic minced
- ☐ 6 servings olive oil extra virgin extra-virgin for drizzling
- ☐ 1 teaspoon salt
- ☐ 12 ounces sausage meat

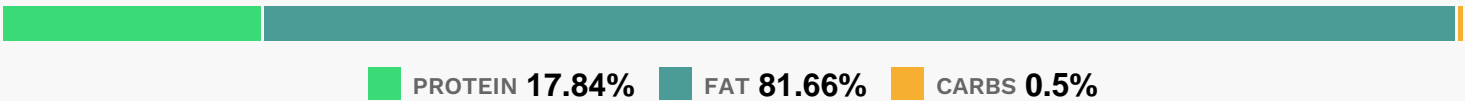
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ skewers

# Directions

- ☐ Preheat the oven to 400°F.
- ☐ In a medium bowl, use a fork to break up the bulk sausage.
- ☐ Add the minced garlic, the 3 tablespoons minced basil, the salt, and the pepper, and blend the ingredients with the fork. Form balls of the sausage mixture, the same size as the cherry tomatoes. (The heat of your hands will soften the fat in the meat and bind the shape.)
- ☐ Place the meatballs on a rimmed baking sheet.
- ☐ Bake until they are brown and have rendered their fat into the baking sheet, 12 minutes.
- ☐ Thread the meatballs, bocconcini, and cherry tomatoes onto 12-inch bamboo skewers, alternating and using 2 of each per skewer.
- ☐ Drizzle olive oil over the skewers and sprinkle with the remaining minced basil.

# Nutrition Facts



# Properties

Glycemic Index:26.67, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:6.3799999343312%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 488.01kcal (24.4%), Fat: 45.24g (69.6%), Saturated Fat: 12.29g (76.82%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0.02g (0.02%), Cholesterol: 68.04mg (22.68%), Sodium: 802.47mg

(34.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.23g (44.46%), Calcium: 280.67mg (28.07%), Vitamin E: 2.13mg (14.23%), Vitamin B3: 2.69mg (13.44%), Vitamin K: 13.1µg (12.48%), Vitamin B1: 0.16mg (10.63%), Vitamin B6: 0.19mg (9.71%), Zinc: 1.26mg (8.39%), Vitamin B12: 0.48µg (8.03%), Phosphorus: 79.66mg (7.97%), Vitamin D: 0.74µg (4.91%), Iron: 0.78mg (4.36%), Potassium: 152.01mg (4.34%), Vitamin B2: 0.07mg (4.23%), Vitamin B5: 0.39mg (3.94%), Manganese: 0.06mg (3.08%), Copper: 0.05mg (2.41%), Magnesium: 9.25mg (2.31%), Vitamin A: 96.32IU (1.93%), Vitamin C: 1.04mg (1.27%)