



Cranberry Glazed Meatballs

 Popular

READY IN



60 min.

SERVINGS



30

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup sugar
- ☐ 1 cup water
- ☐ 12 ounce cranberries fresh (no need to defrost)
- ☐ 1 pinch salt
- ☐ 1 teaspoon orange zest
- ☐ 1 teaspoon ginger minced
- ☐ 2 teaspoons apple cider vinegar white
- ☐ 0.1 teaspoon cayenne to taste

- ☐ 2 large slices bread white packed (approximately one cup, ,)
- ☐ 2 Tbsp milk
- ☐ 0.3 cup a ricotta cheese generous
- ☐ 1 eggs
- ☐ 1.3 pounds pd of ground turkey
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 1 scant teaspoon fennel seeds
- ☐ 30 servings vegetable oil

Equipment

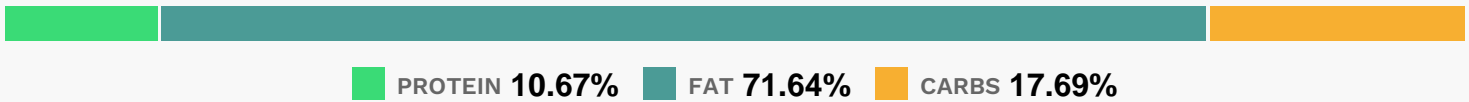
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ spatula

Directions

- ☐ Make the cranberry glaze by mixing all the glaze ingredients except the cayenne in a small pot.
- ☐ Mix well and simmer until most of the berries have burst, about 15 minutes.
- ☐ Strain mixture through a fine mesh strainer into a bowl, pressing the cranberry mush against the strainer with the side of a rubber spatula. (Be sure to scrape the outside of the sieve with the spatula.)
- ☐ Add cayenne to taste.
- ☐ the meatballs: While the cranberries are cooking, prepare the meatballs. In a small bowl, put the torn bread and sprinkle it with the milk. Use a fork to pulverize the bread a bit. In a large bowl, use the same fork to whisk together the ricotta and the egg until smooth.

- ☐ Add the ground turkey, salt, thyme, fennel seeds and milk-sprinkled bread.
- ☐ Gently mix with your (clean) hands until the ingredients are all incorporated. Don't overwork the meatball mixture or the meatballs will become too dense.
- ☐ roll out small meatballs about an 1 inch wide with the palms of your hands and set them on a baking sheet or large plate.
- ☐ Heat 2 Tbsp vegetable oil in a wide sauté pan on medium heat. Working in batches, add the meatballs, taking care not to crowd the pan, and brown all over. Use a fork to gentle nudge the meatballs, turning them.
- ☐ Note that the meatballs will probably be a bit on the wet side, which may cause some splattering as you cook them in the oil. To reduce that, you may want to sprinkle some flour on the meatballs, or roll them in flour, before they go in the pan.
- ☐ Add more oil to the pan as needed.
- ☐ Add glaze and simmer: Once the meatballs are browned and the glaze has been strained, add the glaze to the pan with the meatballs.
- ☐ Let simmer, uncovered, until the glaze reduces a bit and the meatballs cook through, about 5 minutes.
- ☐ Remove the meatballs to a serving dish.
- ☐ Pour over remaining cranberry glaze. If the glaze during this process is too thick, add a little water. If too thin, let simmer a little longer.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:5.12, Inflammation Score:-1, Nutrition Score:3.9769565540811%

Flavonoids

Cyanidin: 5.27mg, Cyanidin: 5.27mg, Cyanidin: 5.27mg, Cyanidin: 5.27mg Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 5.57mg, Peonidin: 5.57mg, Peonidin: 5.57mg, Peonidin: 5.57mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Epigallocatechin 3–gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 182.83kcal (9.14%), Fat: 14.86g (22.86%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 7.8g (2.84%), Sugar: 7.2g (8.01%), Cholesterol: 17.02mg (5.67%), Sodium: 93.91mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Vitamin K: 27.21µg (25.92%), Vitamin B3: 1.86mg (9.31%), Vitamin E: 1.33mg (8.89%), Vitamin B6: 0.17mg (8.67%), Selenium: 5.02µg (7.17%), Phosphorus: 51.79mg (5.18%), Zinc: 0.4mg (2.65%), Manganese: 0.05mg (2.54%), Vitamin B5: 0.23mg (2.31%), Vitamin B2: 0.04mg (2.13%), Vitamin C: 1.72mg (2.08%), Potassium: 72.6mg (2.07%), Vitamin B12: 0.12µg (2.04%), Fiber: 0.45g (1.81%), Magnesium: 7.11mg (1.78%), Iron: 0.29mg (1.59%), Copper: 0.02mg (1.09%), Vitamin B1: 0.02mg (1.04%)