



Dinner Tonight: Pork and Lemon 'Polpettine' Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



1066 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 fillet anchovy minced
- ☐ 1.3 cups breadcrumbs fresh
- ☐ 3 tablespoons butter
- ☐ 0.8 cup chicken stock see
- ☐ 0.3 cup flour
- ☐ 1 pound ground pork
- ☐ 1 juice of lemon
- ☐ 2 tablespoons olive oil

- ☐ 3 tablespoons parmesan grated
- ☐ 0.3 cup parsley chopped
- ☐ 1 pound soup noodles salted boiling cooked
- ☐ 4 servings salt and pepper
- ☐ 6 thyme leaves

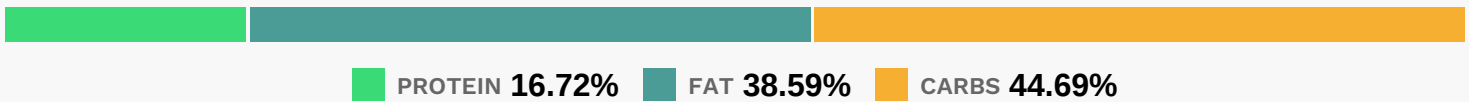
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Sprinkle flour on large baking sheet.
- ☐ Combine breadcrumbs, pork, lemon zest and juice, parsley leaves, thyme, Parmesan, and anchovy filets in large bowl.
- ☐ Add good pinch salt and pepper and mix ingredients thoroughly by hand. Shape into 18–20 balls, about heaped tablespoon each, and put on floured baking sheet.
- ☐ Heat olive oil and butter over medium heat until butter melts and foam subsides, then roll enough meatballs that will fit comfortably in skillet in light coating of flour. Cook until golden all over, in batches if necessary, 10–12 minutes total. Avoid moving unless necessary to promote caramelization.
- ☐ Pour off most of fat from skillet and add chicken stock. Bring to a boil and reduce for 2–3 minutes.
- ☐ Serve with pasta and juices from pan.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:38.49, Inflammation Score:-9, Nutrition Score:34.162608639054%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1066.37kcal (53.32%), Fat: 45.19g (69.52%), Saturated Fat: 16.92g (105.77%), Carbohydrates: 117.77g (39.26%), Net Carbohydrates: 112.05g (40.75%), Sugar: 6.11g (6.79%), Cholesterol: 114.12mg (38.04%), Sodium: 716.09mg (31.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.06g (88.12%), Selenium: 116.32µg (166.17%), Vitamin B1: 1.35mg (89.92%), Manganese: 1.46mg (72.78%), Vitamin K: 68.98µg (65.69%), Vitamin B3: 11.76mg (58.79%), Phosphorus: 539.35mg (53.94%), Vitamin B2: 0.6mg (35.35%), Vitamin B6: 0.7mg (34.86%), Zinc: 5.06mg (33.71%), Iron: 5.46mg (30.32%), Magnesium: 110.37mg (27.59%), Copper: 0.54mg (26.9%), Fiber: 5.71g (22.86%), Potassium: 782.1mg (22.35%), Folate: 88.09µg (22.02%), Calcium: 177.48mg (17.75%), Vitamin B12: 1.04µg (17.28%), Vitamin B5: 1.59mg (15.91%), Vitamin A: 693.59IU (13.87%), Vitamin C: 11.18mg (13.55%), Vitamin E: 1.53mg (10.17%)