



French Canadian Meatball Stew

READY IN



90 min.

SERVINGS



8

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 tablespoons butter
- 2 tablespoons parsley dried
- 0.5 cup bread crumbs dry
- 1 eggs
- 0.8 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground nutmeg

- 8 servings salt and ground pepper black to taste
- 2 pounds ground pork
- 1 large onion minced
- 4 potatoes cubed peeled
- 6 cups reduced sodium chicken broth
- 0.3 cup water cold

Equipment

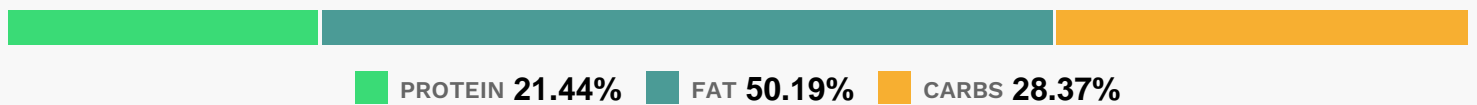
- bowl
- baking sheet
- oven
- whisk
- mixing bowl
- pot
- slotted spoon

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Spread flour out in a thin, even layer on a baking sheet.
- Roast the flour in the preheated oven until medium brown in color, 10 to 15 minutes; stir often and watch carefully to avoid burning.
- Remove the flour from the baking sheet immediately once the desired color has been reached; set aside in a shallow bowl to cool.
- Melt butter in a large, heavy pot over medium heat, and cook and stir the onion until translucent, about 5 minutes.
- Transfer the onion to a large mixing bowl. In a small bowl, mix the cinnamon, nutmeg, and cloves; stir the spice mix into the onion.
- Place ground pork, parsley, egg, and bread crumbs into the bowl, and mix to combine thoroughly. Form the meat mixture into 1-inch meatballs; roll each meatball in the roasted flour. Reserve unused flour.

- Pour the chicken broth into the pot, bring to a boil over medium heat, and carefully drop in the meatballs, a few at a time, stirring to keep them from sticking on the bottom. Drop in the bay leaf. Simmer the meatballs for 20 minutes; mix in the potatoes, and simmer until potatoes are tender and the broth has reduced, an additional 20 minutes.
- Transfer the meatballs into a bowl with a slotted spoon.
- Remove and discard bay leaf.
- Mix remaining roasted flour with cold water in a cup, and gradually whisk the flour mixture into the simmering broth to thicken. Bring the gravy to a full boil, and cook, stirring constantly, until the gravy thickens, about 5 minutes. Return the meatballs to the stew, and serve.

Nutrition Facts



Properties

Glycemic Index:42.84, Glycemic Load:20.54, Inflammation Score:-6, Nutrition Score:22.520869705988%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 522.71kcal (26.14%), Fat: 29.2g (44.92%), Saturated Fat: 11.43g (71.45%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 33.43g (12.15%), Sugar: 2.45g (2.72%), Cholesterol: 109.63mg (36.54%), Sodium: 207.11mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.06g (56.12%), Vitamin B1: 1.09mg (72.4%), Selenium: 35.81µg (51.16%), Vitamin B3: 9.7mg (48.48%), Vitamin B6: 0.82mg (40.91%), Phosphorus: 356.52mg (35.65%), Manganese: 0.61mg (30.3%), Vitamin C: 23.81mg (28.86%), Potassium: 1006.92mg (28.77%), Vitamin B2: 0.48mg (28.42%), Zinc: 3.31mg (22.08%), Iron: 3.39mg (18.83%), Vitamin B12: 1.05µg (17.49%), Copper: 0.31mg (15.62%), Fiber: 3.71g (14.85%), Magnesium: 59.41mg (14.85%), Folate: 58.84µg (14.71%), Vitamin B5: 1.28mg (12.81%), Vitamin K: 10.23µg (9.75%), Calcium: 69.09mg (6.91%), Vitamin A: 140.02IU (2.8%), Vitamin E: 0.24mg (1.6%)