



German-Style Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups beef broth
- ☐ 2 slices bread
- ☐ 1 tablespoon butter
- ☐ 10 servings noodles hot cooked
- ☐ 2 eggs beaten
- ☐ 0.5 cup flour
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1.5 pounds ground beef

- ☐ 0.5 pound ground pork
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.5 cup onion minced
- ☐ 1 teaspoon salt
- ☐ 1 cup water
- ☐ 1 teaspoon worcestershire sauce

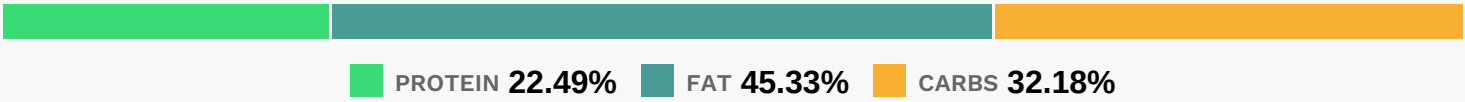
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Tear bread into small pieces, and place in a small shallow bowl.
- ☐ Add water to cover, and let soak about 5 minutes. Squeeze water from bread; discard water. Set bread aside.
- ☐ Saut onion in butter until tender.
- ☐ Combine sauted onion, bread, meat, eggs, salt, nutmeg, parsley, lemon rind, lemon juice, and Worcestershire sauce in a large bowl.
- ☐ Mix well; shape into 2-inch meatballs.
- ☐ Bring beef broth to a boil in a large Dutch oven; add meatballs. Reduce heat; cover and simmer 15 minutes.
- ☐ Remove meatballs; set aside. Reserve pan liquid.
- ☐ Combine flour and water, mixing well. Stir flour mixture into reserved pan liquid. Cook over medium-high heat, stirring constantly, until thickened and bubbly.
- ☐ Return meatballs to Dutch oven; cook over low heat until meatballs are thoroughly heated.
- ☐ Serve meatballs and gravy over hot cooked noodles.

Nutrition Facts



Properties

Glycemic Index:31.12, Glycemic Load:17.04, Inflammation Score:-4, Nutrition Score:15.932608526686%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 440.29kcal (22.01%), Fat: 21.77g (33.5%), Saturated Fat: 7.86g (49.1%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 32.67g (11.88%), Sugar: 1.28g (1.42%), Cholesterol: 97.37mg (32.46%), Sodium: 800.39mg (34.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.3g (48.61%), Selenium: 45.54µg (65.06%), Vitamin B12: 1.78µg (29.64%), Vitamin B3: 5.86mg (29.28%), Zinc: 4.02mg (26.82%), Phosphorus: 247.29mg (24.73%), Manganese: 0.42mg (21.01%), Vitamin K: 21.26µg (20.25%), Iron: 3.58mg (19.91%), Vitamin B6: 0.4mg (19.77%), Vitamin B1: 0.3mg (19.72%), Vitamin B2: 0.29mg (16.84%), Potassium: 402.25mg (11.49%), Magnesium: 40.16mg (10.04%), Folate: 38.12µg (9.53%), Copper: 0.17mg (8.54%), Fiber: 2.12g (8.46%), Vitamin B5: 0.84mg (8.37%), Calcium: 47.06mg (4.71%), Vitamin A: 201.13IU (4.02%), Vitamin C: 2.76mg (3.35%), Vitamin E: 0.49mg (3.28%), Vitamin D: 0.24µg (1.63%)