



## Giant Pork Meatballs with Bitter Greens

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon anchovy paste
- 1 cup bread crumbs fresh
- 0.5 cup buttermilk
- 2 tablespoons capers
- 4 servings polenta hot cooked
- 0.3 cup flat-leaf parsley leaves
- 1 tablespoon garlic minced
- 1 lb greens such as mustard, dandelion, or escarole, trimmed and torn into rough 2-in. pieces

- 1.5 pounds ground pork
- 4 servings kosher salt
- 1 cup chicken broth divided reduced-sodium
- 1.5 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon chile flakes red
- 1 lb swiss chard trimmed

## Equipment

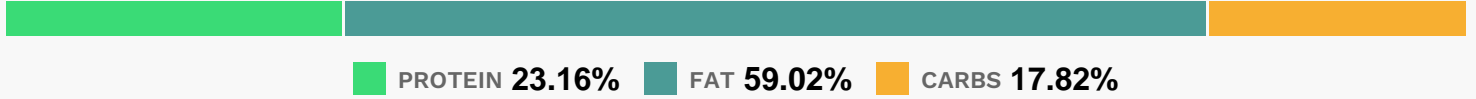
- food processor
- bowl
- frying pan
- oven
- pot
- baking pan
- wooden spoon

## Directions

- Preheat oven to 45
- In a food processor, whirl together bread crumbs, buttermilk, anchovy paste, parsley, cheese, and capers.
- Transfer mixture to a bowl.
- Add pork and mix with a wooden spoon or your hands. Form 6 to 8 meatballs.
- Heat oil in a large ovenproof frying pan over high heat.
- Add meatballs and cook, turning as needed, until browned, 6 to 8 minutes.
- Pour in 1/2 cup broth.
- Transfer pan to oven and bake until cooked through, about 15 minutes.
- Meanwhile, heat remaining 1/2 cup broth in a wide pot over medium-high heat.

- Add garlic. When fragrant, add greens a few handfuls at a time, stirring just until they wilt before adding the next batch.
- Sprinkle with salt to taste and the chile flakes.
- Transfer greens to a serving dish, top with meatballs, and pour any liquid from the baking dish over the greens.

## Nutrition Facts



### Properties

Glycemic Index:42.5, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:47.278696049815%

### Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 23.34mg, Kaempferol: 23.34mg, Kaempferol: 23.34mg, Kaempferol: 23.34mg Myricetin: 4.1mg, Myricetin: 4.1mg, Myricetin: 4.1mg, Myricetin: 4.1mg Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg

### Nutrients (% of daily need)

Calories: 710.54kcal (35.53%), Fat: 46.78g (71.96%), Saturated Fat: 16.28g (101.75%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 24.84g (9.03%), Sugar: 4.84g (5.37%), Cholesterol: 134.61mg (44.87%), Sodium: 1175.97mg (51.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.31g (82.61%), Vitamin K: 1271.56µg (1211.01%), Vitamin A: 9905.87IU (198.12%), Vitamin B1: 1.67mg (111.33%), Selenium: 56.33µg (80.47%), Manganese: 1.21mg (60.72%), Vitamin B3: 11.83mg (59.17%), Vitamin C: 48.37mg (58.63%), Folate: 223.45µg (55.86%), Phosphorus: 525.53mg (52.55%), Vitamin B2: 0.81mg (47.93%), Vitamin B6: 0.88mg (44.18%), Potassium: 1487.02mg (42.49%), Magnesium: 165.45mg (41.36%), Zinc: 6.07mg (40.45%), Iron: 6.54mg (36.33%), Calcium: 302.84mg (30.28%), Fiber: 6.93g (27.71%), Copper: 0.54mg (27.18%), Vitamin B5: 2.7mg (27.03%), Vitamin B12: 1.6µg (26.7%), Vitamin E: 3.77mg (25.11%), Vitamin D: 0.49µg (3.26%)