



Gluten-Free and Vegan Meatball Mix

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup bob's mill garbanzo bean flour (besan)
- 1 tablespoon cornstarch
- 0.5 teaspoon basil dried
- 0.5 teaspoon fennel seeds
- 0.5 teaspoon sea salt
- 1 tablespoon nutritional yeast
- 2 teaspoons dehydrated onion

- 1 teaspoon oregano dried
- 0.3 cup quinoa flakes quick (or old fashioned)
- 0.5 teaspoon pepper red
- 0.5 teaspoon salt
- 0.5 teaspoon paprika smoked
- 1 teaspoon tomatoes
- 1.5 ounce walnut pieces chopped (see notes below)
- 0.3 cup bulgur gluten-free fine () (not)

Equipment

- food processor
- bowl
- baking sheet
- oven

Directions

- Put the nuts and oats (or quinoa flakes) into a food processor and pulse several times to coarsely chop the nuts. Do not grind to a flour—they should be about the size of popcorn kernels.
- Pour into a bowl or storage bag.
- Add all remaining ingredients and mix well. Keep prepared mix in the refrigerator until ready to use. To make the entire batch of mix, pour it into a bowl and add 2/3 cup boiling water. Stir and let stand for 15 minutes as you preheat oven to 350 F. Using wet hands, form the mixture into about 12 1-inch balls.
- Place on a silicone mat or oiled baking sheet.
- Bake for 20–25 minutes, turning once halfway through. Cover with hot spaghetti sauce and serve. To make 1/2 a batch, measure out 3/4 of a cup of the mixture and add 1/3 cup boiling water. Proceed as above.

Nutrition Facts



■ PROTEIN 14.98% ■ FAT 34.95% ■ CARBS 50.07%

Properties

Glycemic Index:31.83, Glycemic Load:4.57, Inflammation Score:-6, Nutrition Score:7.0139129680136%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 145.9kcal (7.3%), Fat: 5.85g (9%), Saturated Fat: 0.54g (3.34%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 15.04g (5.47%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 296.65mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Manganese: 0.65mg (32.42%), Fiber: 3.82g (15.28%), Folate: 56.37µg (14.09%), Copper: 0.24mg (12.07%), Phosphorus: 112.76mg (11.28%), Vitamin B2: 0.18mg (10.51%), Magnesium: 41.88mg (10.47%), Iron: 1.49mg (8.3%), Vitamin B6: 0.15mg (7.54%), Vitamin B1: 0.1mg (6.55%), Potassium: 212.7mg (6.08%), Vitamin K: 5.15µg (4.91%), Zinc: 0.69mg (4.59%), Vitamin B3: 0.64mg (3.21%), Vitamin A: 151.2IU (3.02%), Calcium: 28.25mg (2.83%), Selenium: 1.55µg (2.22%), Vitamin E: 0.33mg (2.18%), Vitamin B5: 0.2mg (1.97%), Vitamin C: 1.49mg (1.8%)