



Gnocchi con Polpette di Manzo

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 servings pepper black freshly ground
- ☐ 1 cup bread crumbs
- ☐ 35 ounce canned tomatoes crushed canned
- ☐ 1 eggplant
- ☐ 2 eggs
- ☐ 1 bay leaf fresh
- ☐ 0.5 bunch parsley fresh chopped
- ☐ 3 sprigs thyme leaves fresh

- ☐ 2 teaspoons garlic powder
- ☐ 16 ounce d gnocchi fresh
- ☐ 1 pound ground beef
- ☐ 1 tablespoon ground cumin
- ☐ 1 pound ground pork
- ☐ 12 servings kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon oregano dried
- ☐ 0.5 cup pepper sweet red crushed (sold in a jar)
- ☐ 1 pinch sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ broiler
- ☐ skewers

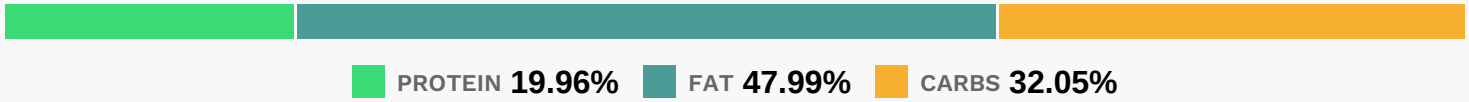
Directions

- ☐ Put the tomatoes into a saucepan over medium heat.
- ☐ Add the thyme leaves, bay leaf, oregano, garlic powder, sugar, and salt and pepper, to taste. Simmer for 10 to 15 minutes.
- ☐ Preheat the broiler.
- ☐ Put the beef and pork into a large bowl and add the parsley, bread crumbs, cumin, oregano, eggs, and salt and pepper.
- ☐ Mix well to combine. Take a tablespoon of the mixture and roll it into a small ball; repeat. You will get about 80 small meatballs.
- ☐ Put them onto a sheet pan and broil until they are browned and cooked through, about 10 to 15 minutes.
- ☐ Cook the gnocchi according to package directions.

- ☐
- Drain and rinse. Toss them in the olive oil.

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Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:10.76, Inflammation Score:-8, Nutrition Score:18.473043503969%

Flavonoids

Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg Apigenin: 5.13mg, Apigenin: 5.13mg, Apigenin: 5.13mg, Apigenin: 5.13mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 367.28kcal (18.36%), Fat: 19.85g (30.53%), Saturated Fat: 6.75g (42.21%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 25.28g (9.19%), Sugar: 5.98g (6.64%), Cholesterol: 81.33mg (27.11%), Sodium: 557.54mg (24.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.16%), Vitamin K: 50.46µg (48.05%), Vitamin B1: 0.47mg (31.43%), Selenium: 20.28µg (28.97%), Iron: 4.91mg (27.29%), Vitamin B3: 5.24mg (26.21%), Vitamin C: 20.27mg (24.58%), Vitamin B6: 0.48mg (24.13%), Manganese: 0.4mg (20.18%), Zinc: 3.02mg (20.12%), Phosphorus: 199.47mg (19.95%), Vitamin B12: 1.17µg (19.5%), Fiber: 4.54g (18.16%), Potassium: 617.35mg (17.64%), Vitamin B2: 0.29mg (16.78%), Copper: 0.27mg (13.38%), Vitamin A: 649.63IU (12.99%), Vitamin E: 1.94mg (12.91%), Magnesium: 46.1mg (11.52%), Folate: 44.64µg (11.16%), Vitamin B5: 0.98mg (9.81%), Calcium: 88.87mg (8.89%), Vitamin D: 0.18µg (1.23%)