



Greek Meatballs in Wine Sauce

 Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 cup cooking wine dry white
- 1 handful flat-leaf parsley chopped
- 0.8 pound lamb
- 0.8 pound ground veal
- 0.5 optional: lemon
- 1 tablespoon olive oil extra-virgin (1 turn of the pan)
- 1 small skinned onion yellow with hand grater minced grated

4 servings salt and pepper

Equipment

bowl

frying pan

Directions

Preheat a medium skillet over medium high heat.

Combine meats, onion, parsley, salt, and pepper.

Add butter and oil to pan and begin rolling small, bite-size balls, adding balls to pan as you roll them. Cook balls 10 to 12 minutes, shaking pan occasionally to brown equally on all sides. Deglaze pan with wine and allow wine to reduce by half, 1 or 2 minutes.

Remove pan from heat and squeeze the juice of 1/2 lemon over the meatballs.

Serve in a bowl.

Nutrition Facts

PROTEIN 22.21% **FAT 74.34%** **CARBS 3.45%**

Properties

Glycemic Index:37.38, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:17.446087002754%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 4.01mg, Hesperetin: 4.01mg, Hesperetin: 4.01mg, Hesperetin: 4.01mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 572.37kcal (28.62%), Fat: 43.32g (66.65%), Saturated Fat: 17.49g (109.3%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 3.81g (1.39%), Sugar: 1.67g (1.85%), Cholesterol: 129.99mg (43.33%), Sodium: 328.06mg

(14.26%), Alcohol: 6.18g (100%), Alcohol %: 2.91% (100%), Protein: 29.13g (58.26%), Vitamin B12: 3.79µg (63.18%), Vitamin B3: 8.78mg (43.89%), Zinc: 6.58mg (43.86%), Selenium: 28.98µg (41.41%), Phosphorus: 287.36mg (28.74%), Vitamin K: 23.65µg (22.53%), Vitamin B6: 0.45mg (22.4%), Vitamin B2: 0.32mg (19%), Iron: 3.33mg (18.51%), Potassium: 511.67mg (14.62%), Vitamin C: 9.78mg (11.85%), Vitamin B5: 1.06mg (10.62%), Magnesium: 41.72mg (10.43%), Vitamin B1: 0.15mg (9.84%), Copper: 0.15mg (7.68%), Vitamin E: 1.14mg (7.57%), Folate: 28.3µg (7.07%), Manganese: 0.12mg (6.18%), Calcium: 44.23mg (4.42%), Vitamin A: 175.02IU (3.5%), Fiber: 0.71g (2.83%), Vitamin D: 0.17µg (1.13%)