



Herbed Cocktail Meatballs with Chunky Tomato Sauce

READY IN



68 min.

SERVINGS



30

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 1.5 tablespoons chives chopped
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 tablespoons parsley fresh finely chopped
- ☐ 1 clove garlic minced
- ☐ 1 pound ground beef
- ☐ 1 pound ground pork

- ☐ 1 teaspoon seasoning italian
- ☐ 0.5 cup milk
- ☐ 0.5 medium onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup red wine
- ☐ 0.5 cup round buttery crackers crushed finely
- ☐ 0.5 teaspoon salt
- ☐ 30 servings salt and pepper
- ☐ 1.5 tablespoons tomato paste
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

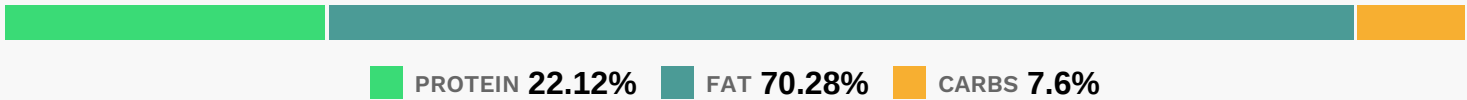
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375F. Make meatballs: Soak cracker crumbs in milk for 5 minutes. Warm oil in a skillet over medium-high heat. Saut onion until tender, about 4 minutes.
- ☐ Add garlic; saut 1 minute longer.
- ☐ Combine cracker and onion mixtures with remaining meatball ingredients; mix thoroughly but do not overwork. Shape into 1 1/4-inch balls.
- ☐ Line a large, rimmed baking sheet with foil. Mist a wire rack with cooking spray; place over sheet.

- ☐ Place meatballs on rack.
- ☐ Bake until browned and an instant-read thermometer inserted into center of a meatball reads 160F, 20 to 25 minutes.
- ☐ Make sauce: Warm oil in a skillet over medium-high heat. Saut onion for 3 minutes.
- ☐ Add garlic, Italian seasoning and red pepper; saut 2 minutes.
- ☐ Add tomato paste; stir for 30 seconds.
- ☐ Pour in wine; stir until evaporated.
- ☐ Add tomatoes. Reduce heat; simmer until thick, about 10 minutes. Season with salt and pepper.
- ☐ Serve with meatballs.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:3.7821738953176%

Flavonoids

Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.28mg, Malvidin: 0.28mg, Malvidin: 0.28mg, Malvidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 106.76kcal (5.34%), Fat: 8.12g (12.5%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.81g (0.9%), Cholesterol: 28.31mg (9.44%), Sodium: 293.04mg (12.74%), Alcohol: 0.21g (100%), Alcohol %: 0.46% (100%), Protein: 5.75g (11.5%), Selenium: 6.7µg (9.57%), Vitamin B1: 0.13mg (8.45%), Vitamin B12: 0.47µg (7.77%), Vitamin K: 7.45µg (7.09%), Vitamin B3: 1.39mg (6.95%), Zinc: 1.03mg (6.85%), Phosphorus: 62.71mg (6.27%), Vitamin B6: 0.12mg (6.01%), Vitamin B2: 0.08mg (4.54%), Iron: 0.66mg (3.68%), Potassium: 111.16mg (3.18%), Vitamin B5: 0.23mg (2.28%), Vitamin A: 110.89IU (2.22%), Calcium: 19.31mg (1.93%),

Magnesium: 7.51mg (1.88%), Vitamin E: 0.28mg (1.87%), Vitamin C: 1.06mg (1.29%), Manganese: 0.03mg (1.26%),
Copper: 0.02mg (1.22%), Folate: 4.42µg (1.1%)