



Italian-American Meatballs

READY IN



96 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 large eggs beaten
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 pound ground beef chuck
- ☐ 0.5 pound ground pork
- ☐ 0.5 pound ground veal
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup milk cold

- ☐ 0.3 cup olive oil divided
- ☐ 0.5 cup parmesan grated
- ☐ 2 slices sandwich bread white stale

Equipment

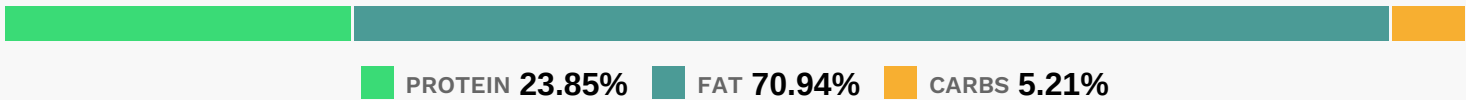
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Grate the bread or pulse into crumbs in a food processor. In a small bowl toss the bread crumbs with milk to re-hydrate.
- ☐ In a large bowl, combine the bread crumbs, pork, veal, beef, Parmesan, parsley, salt, onion, garlic, and egg and mix until combined. Season the meat mixture with pepper.
- ☐ Using your hands, gently form the meat mixture into 18 slightly larger than golf ball-sized balls. (Packing the meat mixture too tightly together will result in tough meatballs). Refrigerate for at least 1 hour or up to 24 hours.
- ☐ Heat half the oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of the meatballs and cook, turning occasionally, until well browned on all sides, about 6 minutes.
- ☐ Transfer the meatballs to a plate.
- ☐ Drain the oil and wipe out the skillet, return to the heat, and repeat with the remaining oil and meatballs.
- ☐ Drain and wipe out the skillet again. Return all the meatballs to the skillet and pour in the marinara sauce. Bring to a boil, lower the heat, and simmer, covered, swirling the pan occasionally, until the meatballs are cooked through about 15 minutes. The cheese in the meatballs will start to melt when the meatballs are ready.
- ☐ Serve immediately with the Quick Marinara Sauce and spaghetti or on sandwiches. If serving with spaghetti, toss with 1/3 of the sauce. These meatballs can be stored, covered in the refrigerator for 3 days, or frozen for up to 6 weeks.

- ☐ Serving suggestions: 1 pound cooked spaghetti or linguini.
- ☐ Quick Marinara Sauce
- ☐ /4 cup extra-virgin olive oil
- ☐ /4 medium onion, diced (about 3 tablespoons)
- ☐ cloves garlic, sliced
- ☐ (28-ounce) cans whole, peeled, tomatoes, roughly chopped
- ☐ sprigs fresh thyme
- ☐ small bunch fresh basil, leaves chopped
- ☐ teaspoons kosher salt
- ☐ Freshly ground black pepper
- ☐ Heat the oil in a medium saucepan over medium-high heat.
- ☐ Saute the onion and garlic, stirring, until lightly browned, about 5 minutes.
- ☐ Add the tomatoes, the herb sprigs and basil and bring to a boil. Reduce heat and simmer, uncovered for about 15 minutes or until thickened
- ☐ Remove and discard the herb sprigs. Stir in the salt and season with pepper, to taste.
- ☐ Serve or store covered in the refrigerator for up to 3 days, or freeze for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:58.44, Glycemic Load:5.04, Inflammation Score:-5, Nutrition Score:24.783478462178%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 650.56kcal (32.53%), Fat: 50.75g (78.08%), Saturated Fat: 15.81g (98.81%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 7.92g (2.88%), Sugar: 1.84g (2.04%), Cholesterol: 185.01mg (61.67%), Sodium: 1567.06mg

(68.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.38g (76.77%), Vitamin K: 73.88µg (70.36%), Selenium: 37.21µg (53.15%), Vitamin B3: 9.83mg (49.15%), Vitamin B12: 2.74µg (45.68%), Phosphorus: 454.7mg (45.47%), Zinc: 6.11mg (40.75%), Vitamin B1: 0.58mg (38.38%), Vitamin B6: 0.71mg (35.58%), Vitamin B2: 0.53mg (31.32%), Calcium: 242.27mg (24.23%), Vitamin E: 3.2mg (21.32%), Vitamin B5: 1.82mg (18.23%), Iron: 3.19mg (17.72%), Potassium: 596.83mg (17.05%), Magnesium: 49.29mg (12.32%), Vitamin A: 518.74IU (10.37%), Folate: 40.56µg (10.14%), Copper: 0.16mg (8.15%), Manganese: 0.15mg (7.74%), Vitamin C: 5.85mg (7.09%), Vitamin D: 0.59µg (3.95%), Fiber: 0.47g (1.87%)