



## Italian Cocktail Meatballs with Herbs and Ricotta

READY IN



155 min.

SERVINGS



50

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 slice bacon finely minced
- 50 servings pepper black freshly ground
- 1 large eggs beaten
- 0.3 cup flat-leaf parsley leaves minced
- 50 servings basil leaves fresh
- 2 large cloves garlic minced
- 0.8 pound ground pork
- 0.8 pound pd of ground turkey

- 2 teaspoons kosher salt
- 1 tablespoon lemon thyme fresh minced
- 2 cups quality marinara sauce homemade jarred
- 2 tablespoons milk
- 1 cup olive oil extra-virgin
- 0.3 cup panko bread crumbs
- 3 tablespoons pecorino finely grated
- 0.5 cup milk ricotta whole
- 0.5 teaspoon worcestershire sauce

## Equipment

- bowl
- frying pan

## Directions

- Mix the ground meats, ricotta, parsley, panko crumbs, onion, pecorino, bacon, garlic, milk, thyme, egg, salt, Worcestershire, and black pepper, to taste, in a large bowl.
- Mix until just combined; don't overmix. The mixture will be pretty soft.
- Using your hands, gently form mixture into 1 tablespoon small meatballs (about the size of ping pong balls).
- Put them on a large plate or pan; cover and refrigerate at least an hour or up to 24 hours.
- Heat the oil in a medium nonstick skillet over medium-high heat.
- Add about 1/3 the meatballs and cook, turning occasionally, until well browned on all sides, about 6 minutes.
- Transfer the meatballs to a plate and repeat with the remaining meatballs.
- Drain off the oil and wipe out the skillet. Return the meatballs to the skillet and pour in the marinara sauce. Bring to a boil, lower the heat, cover, and simmer until the meatballs are cooked through, about 15 minutes.
- Serve the meatballs, skewered on a platter with a dollop of the sauce and a fresh leaf of basil. They can be serve warm or at room temperature.

The meatballs can be stored, covered, in the refrigerator for 3 days, or frozen for up to 6 weeks.

## Nutrition Facts

**PROTEIN 30.2%** **FAT 59.13%** **CARBS 10.67%**

### Properties

Glycemic Index:7.14, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:3.144347820593%

### Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

### Nutrients (% of daily need)

Calories: 44.56kcal (2.23%), Fat: 2.96g (4.55%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.54g (0.6%), Cholesterol: 13.33mg (4.44%), Sodium: 159.92mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Vitamin K: 15.87µg (15.11%), Vitamin B3: 1.13mg (5.65%), Selenium: 3.86µg (5.52%), Vitamin B6: 0.11mg (5.26%), Vitamin B1: 0.07mg (4.34%), Vitamin A: 202.8IU (4.06%), Phosphorus: 40.5mg (4.05%), Manganese: 0.06mg (2.84%), Vitamin B2: 0.04mg (2.61%), Potassium: 87.84mg (2.51%), Zinc: 0.36mg (2.41%), Vitamin C: 1.89mg (2.3%), Iron: 0.38mg (2.11%), Vitamin E: 0.31mg (2.04%), Vitamin B12: 0.11µg (1.91%), Magnesium: 7.48mg (1.87%), Vitamin B5: 0.18mg (1.77%), Calcium: 16.22mg (1.62%), Copper: 0.03mg (1.56%), Folate: 4.74µg (1.19%), Fiber: 0.26g (1.03%)