



Italian Meatballs in Caper-Tomato Sauce

READY IN



50 min.

SERVINGS



30

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bread crustless
- 1 tablespoon nonpareil capers drained chopped
- 1 large eggs lightly beaten
- 0.5 pound ground beef
- 0.5 pound ground pork
- 2 kalamata olives minced pitted
- 30 servings kosher salt
- 3 tablespoons milk
- 2 tablespoons olive oil extra-virgin

- 0.5 teaspoon oregano dried
- 1 tablespoon parmigiano-reggiano cheese freshly grated
- 1 tablespoon parsley minced
- 1.5 pounds plum tomatoes peeled chopped

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- blender

Directions

- In a blender or food processor, puree the tomatoes. In a saucepan, heat 1 tablespoon of the oil.
- Add the pureed tomatoes and bring to a boil. Simmer over moderate heat, stirring, until the sauce starts to thicken, about 5 minutes.
- Add the capers and oregano and simmer until the sauce is reduced to 1 1/4 cups, 5 minutes. Season with salt; keep warm.
- Meanwhile, in a small bowl, cover the bread with the milk.
- Let stand until the bread has absorbed the milk, about 5 minutes.
- In a large bowl, combine the ground pork and beef.
- Add the milk-soaked bread, egg, olives, cheese, parsley and 1 teaspoon of salt.
- Mix well with your hands and shape the mixture into 1 1/2-inch meatballs.
- In a large skillet, heat the remaining 1 tablespoon of oil.
- Add the meatballs and cook over moderately high heat until starting to brown, about 1 minute. Reduce the heat to moderate and cook until browned all over and cooked through, about 8 minutes.
- Drain the meatballs and transfer to a platter.
- Pour the hot tomato sauce on top and serve.

Nutrition Facts

PROTEIN 21.14% FAT 61.52% CARBS 17.34%

Properties

Glycemic Index:6.62, Glycemic Load:1.27, Inflammation Score:-2, Nutrition Score:3.1786956424298%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 66.74kcal (3.34%), Fat: 4.57g (7.03%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.91g (1.01%), Cholesterol: 17.3mg (5.77%), Sodium: 240.13mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Selenium: 4.71µg (6.74%), Vitamin B1: 0.09mg (5.67%), Vitamin B3: 1.01mg (5.06%), Vitamin K: 5.16µg (4.91%), Vitamin A: 215.48IU (4.31%), Phosphorus: 41.84mg (4.18%), Vitamin C: 3.36mg (4.07%), Vitamin B6: 0.08mg (4.02%), Zinc: 0.6mg (3.99%), Vitamin B12: 0.24µg (3.99%), Manganese: 0.08mg (3.88%), Vitamin B2: 0.05mg (3.18%), Potassium: 107.55mg (3.07%), Iron: 0.48mg (2.67%), Vitamin E: 0.33mg (2.22%), Folate: 8.81µg (2.2%), Magnesium: 7.57mg (1.89%), Fiber: 0.47g (1.86%), Vitamin B5: 0.17mg (1.74%), Calcium: 15.46mg (1.55%), Copper: 0.03mg (1.52%)