



WHATSheATE



Jumbo Cheesy Italian Meatballs

READY IN



60 min.

SERVINGS



4

CALORIES



1170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 sprigs basil chopped for topping
- ☐ 3.5 cups torn bread italian stale
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 large eggs
- ☐ 1 clove garlic grated
- ☐ 3 cloves garlic thinly sliced
- ☐ 2 pounds ground beef chuck
- ☐ 4 servings kosher salt
- ☐ 4 mozzarella balls mini bocconcini

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin for brushing
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 cup parsley chopped
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 servings ricotta cheese for topping
- ☐ 1 cup milk whole

Equipment

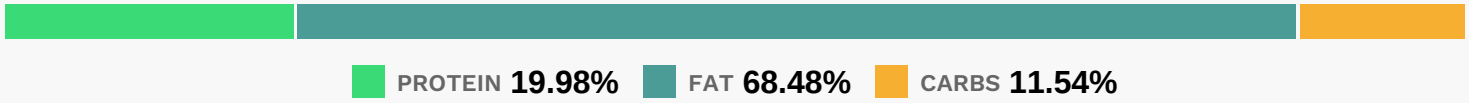
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Make the meatballs: Preheat the oven to 400 degrees F and brush a baking sheet with olive oil. Pulse the bread in a food processor to make coarse crumbs.
- ☐ Transfer to a small bowl, add the milk and set aside to soak. Lightly beat the eggs in a large bowl, then add the beef, parsley, parmesan, garlic, 1 teaspoon salt and the red pepper flakes; mix with your hands to combine.
- ☐ Add the bread-milk mixture and mix until just combined (do not overmix).
- ☐ Dampen your hands and shape the meat mixture into 4 large balls. Make an indentation in the center of each with your thumb and stuff with a mini mozzarella ball, then mold the meat around the cheese. Arrange the meatballs on the prepared baking sheet and bake until browned and firm, 25 to 30 minutes.
- ☐ Heat the olive oil in a large deep skillet over medium-high heat.
- ☐ Add the garlic and red pepper flakes and cook, stirring, until the garlic softens, about 1 minute.

- ☐
- Add the tomatoes, 1 cup water, the basil sprigs and 1/2 teaspoon salt. Bring to a boil, then reduce the heat to low and simmer until thickened, about 30 minutes.
- ☐
- Remove the meatballs from the oven and add to the sauce, spooning some of the sauce on top. Continue cooking, occasionally spooning the sauce over the meatballs, until tender and cooked through, about 6 minutes.
- ☐
- Serve with ricotta and chopped basil.
- ☐
- You can form all of these meatballs a day ahead; cover and refrigerate until ready to cook.
- ☐
- Photograph by Christina Holmes

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:5.59, Inflammation Score:-9, Nutrition Score:44.875217686529%

Flavonoids

Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1169.9kcal (58.5%), Fat: 89.71g (138.02%), Saturated Fat: 31.04g (194.01%), Carbohydrates: 34.03g (11.34%), Net Carbohydrates: 28.69g (10.43%), Sugar: 19.53g (21.7%), Cholesterol: 282.81mg (94.27%), Sodium: 1012.28mg (44.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.89g (117.78%), Vitamin K: 280.4µg (267.04%), Vitamin B12: 5.58µg (92.96%), Zinc: 11.41mg (76.1%), Selenium: 49.09µg (70.12%), Vitamin B3: 13.48mg (67.41%), Phosphorus: 638.1mg (63.81%), Vitamin B6: 1.18mg (59.07%), Iron: 9.2mg (51.14%), Vitamin C: 39.42mg (47.78%), Vitamin E: 7.06mg (47.08%), Vitamin A: 2227.24IU (44.54%), Calcium: 440.24mg (44.02%), Potassium: 1504.13mg (42.98%), Vitamin B2: 0.73mg (42.77%), Copper: 0.57mg (28.32%), Magnesium: 106.99mg (26.75%), Manganese: 0.5mg (25.21%), Vitamin B5: 2.43mg (24.28%), Folate: 93.74µg (23.44%), Vitamin B1: 0.35mg (23.24%), Fiber: 5.34g (21.36%), Vitamin D: 1.46µg (9.75%)