



Light and Fluffy Meatballs

READY IN



45 min.

SERVINGS



30

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons olive oil extra virgin extra-virgin
- 1 small onion yellow finely chopped
- 3 cups sandwich bread white
- 1 cup milk whole
- 1 pound ground beef
- 1 pound ground pork
- 1 pound ground veal
- 1 pound ricotta cheese
- 0.5 cup parmesan cheese grated plus more for garnish

- 0.3 cup flat parsley chopped
- 1 tablespoon oregano chopped
- 2 teaspoons salt
- 0.5 teaspoon pepper black
- 2 quarts roma tomatoes italian

Equipment

- bowl
- frying pan

Directions

- Heat olive oil in a skillet.
- Add onion, cooking until soft but not colored, about 5 minutes.
- Transfer to a large bowl and cool slightly.
- Combine bread and milk in a bowl to soak for 5 minutes. Squeeze excess milk from bread and finely chop.
- Add chopped bread to the bowl with onions.
- Add all the remaining ingredients except the tomato sauce. Gently fold with hands to incorporate ingredients, but do not overmix or meatballs will be tough.
- Bring tomato sauce to a simmer in a large deep-sided skillet. Pinch 1/4 cup of the meat mixture and gently form a ball with wet hands. Drop the meatballs, as they are formed, directly into the sauce. Cover and simmer, stirring carefully a few times until meatballs are cooked through, about 30 minutes.
- Serve meatballs with sauce and grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:2.55, Inflammation Score:-6, Nutrition Score:9.0173912333406%

Flavonoids

Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 171.6kcal (8.58%), Fat: 11.18g (17.2%), Saturated Fat: 4.62g (28.9%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.11g (1.86%), Sugar: 2.44g (2.72%), Cholesterol: 44.16mg (14.72%), Sodium: 256.14mg (11.14%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 11.58g (23.16%), Vitamin K: 18.08µg (17.22%), Selenium: 11.21µg (16.01%), Vitamin B3: 3.06mg (15.32%), Phosphorus: 145.3mg (14.53%), Vitamin A: 680.74IU (13.61%), Vitamin B12: 0.75µg (12.5%), Zinc: 1.87mg (12.48%), Vitamin B1: 0.18mg (12.29%), Vitamin B6: 0.24mg (12.07%), Vitamin C: 9.81mg (11.89%), Vitamin B2: 0.17mg (10.01%), Potassium: 327.46mg (9.36%), Calcium: 83.32mg (8.33%), Manganese: 0.13mg (6.28%), Iron: 1.06mg (5.87%), Folate: 22.01µg (5.5%), Magnesium: 21.53mg (5.38%), Vitamin B5: 0.53mg (5.31%), Vitamin E: 0.65mg (4.34%), Copper: 0.08mg (4.14%), Fiber: 1g (4.01%)