



Mardi Gras Gator Meat Balls

 Dairy Free

READY IN



60 min.

SERVINGS



39

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5.3 pounds alligator meat
- ☐ 1 tablespoon pepper black
- ☐ 0.5 bunch celery
- ☐ 2.5 pounds cracker meal
- ☐ 3 tablespoons savory dried
- ☐ 2 eggs
- ☐ 2 bunches parsley fresh
- ☐ 1 medium head garlic

- ☐ 2 bunches green onions
- ☐ 1 quart oil for frying
- ☐ 1.5 pounds onions
- ☐ 2.3 pounds potatoes diced peeled
- ☐ 2 ounces salt

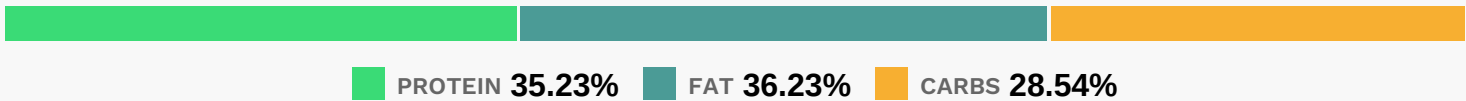
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ meat grinder

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes and cook until tender but still firm, about 15 minutes; drain.
- ☐ Put the alligator meat, onions, green onions, parsley, celery and potatoes through a meat grinder into a large bowl.
- ☐ Mix in the eggs, savory, salt and pepper until well blended. Shape into 1 ounce balls (golf ball sized) and roll in cracker meal.
- ☐ Heat oil in deep-fryer to 375 degrees F (190 degrees C). Fry meat balls until golden and crisp.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:6.89, Glycemic Load:3.84, Inflammation Score:-5, Nutrition Score:9.1595653723116%

Flavonoids

Apigenin: 6.31mg, Apigenin: 6.31mg, Apigenin: 6.31mg, Apigenin: 6.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg,

Isorhamnetin: 0.87mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg
Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 3.88mg, Quercetin:
3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 361.36kcal (18.07%), Fat: 14.34g (22.07%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 25.42g (8.47%),
Net Carbohydrates: 23.61g (8.59%), Sugar: 3.39g (3.76%), Cholesterol: 8.39mg (2.8%), Sodium: 827.83mg
(35.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.38g (62.76%), Vitamin K: 69.47µg (66.16%),
Manganese: 0.27mg (13.49%), Vitamin C: 10.88mg (13.19%), Vitamin E: 1.93mg (12.84%), Vitamin B1: 0.16mg (10.92%),
Phosphorus: 107.65mg (10.77%), Iron: 1.87mg (10.39%), Vitamin B3: 1.78mg (8.88%), Folate: 34.96µg (8.74%), Fiber:
1.8g (7.21%), Vitamin B6: 0.14mg (6.77%), Calcium: 63.93mg (6.39%), Vitamin B2: 0.11mg (6.22%), Potassium:
200.94mg (5.74%), Vitamin A: 282.67IU (5.65%), Copper: 0.08mg (4.21%), Magnesium: 16.36mg (4.09%), Selenium:
2.33µg (3.32%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.37mg (2.45%)