



WHATSheATE



HEALTH SCORE

69%

Meatballs



Very Healthy

READY IN



185 min.

SERVINGS



7

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



7 servings pepper black freshly ground



1 cup bread crumbs dried fine



112 ounce tomatoes chopped canned



1 carrots chopped



1 stalk celery chopped



1.5 glasses chianti



1 large eggs



1 tablespoon basil leaves fresh finely chopped

- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 tablespoon rosemary leaves fresh minced
- ☐ 1 clove garlic minced
- ☐ 4 cloves garlic minced
- ☐ 1 pound ground sirloin
- ☐ 0.5 cup olive oil
- ☐ 1 onion chopped
- ☐ 1 cup onion finely chopped
- ☐ 1 teaspoons oregano dried
- ☐ 2 tablespoons parmesan freshly grated
- ☐ 1 boston butt pork shoulder
- ☐ 7 servings grey salt
- ☐ 1 small can tomato paste
- ☐ 2 cups water

Equipment

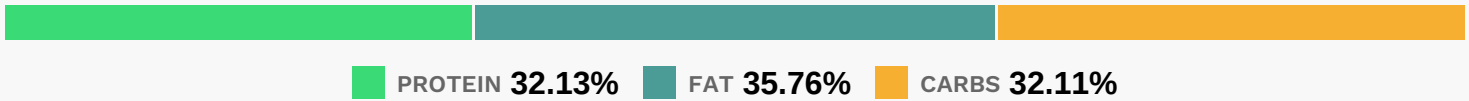
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ wooden spoon
- ☐ stove

Directions

- ☐ In a large bowl, mix together the meat, egg, cheese, parsley, oregano, basil, onion, bread crumbs, and garlic, and season with salt and pepper.
- ☐ Add 1 cup of the water. Knead the water into the meat mixture with your hands. Knead and roll meatballs into about 1 1/2-inch balls.

- ☐ Place them in shallow saucepan on stove, add another 1/2 cup of water over them, and cover. Turn heat to medium, and steam for 35 minutes.
- ☐ Drain the juice out of the bottom of the pan. Cover with Red Sauce sauce, and toss with a pasta of your choice before serving, or serve as is.
- ☐ Slice the pork into roughly 1-inch cubes, season with salt and pepper.
- ☐ Heat a large soup pot over medium-high heat.
- ☐ Add the olive oil and heat. When the oil is hot, add the pork and saute. When slightly brown, turn over and stir with a wooden spoon. Allow to cook for another 2 minutes, until evenly browned on all sides.
- ☐ Remove the pork and allow to cool in bowl, set aside.
- ☐ In same soup pot that pork was cooked in, add minced carrot, celery, onion, and garlic.
- ☐ Add a pinch of salt and saute vegetables to a light brown.
- ☐ Add rosemary and stir.
- ☐ Add the caramelized pork back to the vegetables in the pot and stir.
- ☐ Add chianti to pot, stir and bring to boil.
- ☐ Add the tomato paste and the chopped tomatoes. Stir and simmer for 2 hours, skimming the top occasionally of scum that forms.

Nutrition Facts



Properties

Glycemic Index:62.12, Glycemic Load:11.83, Inflammation Score:-10, Nutrition Score:54.9908702529%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.64mg, Apigenin: 2.64mg, Apigenin: 2.64mg, Apigenin: 2.64mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 709.59kcal (35.48%), Fat: 27.52g (42.33%), Saturated Fat: 9.02g (56.37%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 43.9g (15.96%), Sugar: 25.71g (28.56%), Cholesterol: 177.52mg (59.17%), Sodium:

1195.66mg (51.99%), Alcohol: 5.51g (100%), Alcohol %: 0.74% (100%), Protein: 55.63g (111.25%), Vitamin B1: 1.99mg (132.82%), Selenium: 66.9µg (95.57%), Vitamin B6: 1.78mg (88.78%), Vitamin B3: 17.26mg (86.31%), Potassium: 2394.4mg (68.41%), Phosphorus: 664.05mg (66.41%), Vitamin C: 54.25mg (65.76%), Zinc: 9.76mg (65.05%), Manganese: 1.25mg (62.32%), Iron: 11.21mg (62.29%), Copper: 1.22mg (61.22%), Vitamin B2: 0.99mg (57.96%), Vitamin A: 2768.21IU (55.36%), Vitamin K: 55.8µg (53.14%), Vitamin E: 7.32mg (48.83%), Vitamin B12: 2.87µg (47.81%), Fiber: 11.69g (46.77%), Magnesium: 164.15mg (41.04%), Vitamin B5: 3.39mg (33.9%), Calcium: 283.27mg (28.33%), Folate: 112.4µg (28.1%), Vitamin D: 0.21µg (1.43%)