



Meatballs a la Pizzaiola

 Gluten Free

READY IN



45 min.

SERVINGS



35

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup basil leaves fresh packed
- 1.5 pounds ground beef chuck 80% lean ()
- 1 pound ground pork
- 35 servings kosher salt and pepper freshly ground
- 8 ounces mozzarella cheese smoked
- 35 servings olive oil for frying
- 0.3 cup parmesan cheese grated
- 0.8 teaspoon pepper flakes red

- 2 large shallots chopped
- 0.3 cup mozzarella cheese shredded
- 0.3 cup sun-dried tomatoes drained in oil (5 to 6)
- 1 tablespoon tomato paste
- 35 servings vegetable oil for frying

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- wooden spoon
- kitchen thermometer
- aluminum foil

Directions

- Preheat the oven to 350 degrees F. Dice the smoked mozzarella into 1/2-inch cubes. Set aside. In a food processor, pulse the shallots, sun-dried tomatoes, basil, shredded mozzarella, parmesan, tomato paste, red pepper flakes, 1 1/2 teaspoons salt and 1/2 teaspoon pepper until blended.
- Transfer the mixture to a large bowl.
- Add the beef and pork and, using a wooden spoon or clean hands, stir until combined. Form into 1 1/4-to-1 1/2-inch meatballs. Insert 1 cube smoked mozzarella into the center of each meatball and form the meat around it, enclosing the cheese. In a large heavy-bottomed saucepan, pour equal parts olive oil and vegetable oil to fill the pan halfway.
- Heat over medium-high heat until a deep-fry thermometer reaches 350 degrees F. In batches, fry the meatballs until dark brown, 1 to 2 minutes.

- Remove and drain on a paper towel-lined plate.
- Place the fried meatballs on a foil-lined baking sheet. Put in the oven and bake until cooked through, 10 to 12 minutes. Cool slightly, then serve immediately with marinara sauce, if desired.
- Photograph by Joseph DeLeo

Nutrition Facts

PROTEIN 18.63% **FAT 79.41%** **CARBS 1.96%**

Properties

Glycemic Index:5.69, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:4.4804348077463%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 161.86kcal (8.09%), Fat: 14.24g (21.91%), Saturated Fat: 4.44g (27.78%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.25g (0.28%), Cholesterol: 29.72mg (9.91%), Sodium: 280.53mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Vitamin B12: 0.69µg (11.47%), Selenium: 7.71µg (11.02%), Zinc: 1.37mg (9.12%), Phosphorus: 87.22mg (8.72%), Vitamin K: 8.43µg (8.03%), Vitamin B1: 0.11mg (7.23%), Vitamin B3: 1.44mg (7.22%), Vitamin B6: 0.13mg (6.27%), Vitamin B2: 0.09mg (5.15%), Calcium: 51.49mg (5.15%), Vitamin E: 0.77mg (5.12%), Potassium: 120.01mg (3.43%), Iron: 0.61mg (3.4%), Magnesium: 8.87mg (2.22%), Vitamin B5: 0.21mg (2.07%), Vitamin A: 100IU (2%), Vitamin C: 1.15mg (1.39%), Copper: 0.03mg (1.35%)