



Meatballs a la Pizzaiola

 Gluten Free

READY IN



44 min.

SERVINGS



36

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 pounds percent fat ground beef
- 0.3 cup basil leaves fresh packed
- 1 pound ground pork
- 1.5 teaspoons kosher salt
- 3 cups tomatoes warmed
- 6 ounces mozzarella cheese smoked cut into 36 (1/2-inch) cubes
- 0.3 cup olive oil
- 0.3 cup parmesan grated

- 2 teaspoons pepper flakes red crushed
- 2 large shallots peeled chopped
- 0.3 cup mozzarella cheese shredded
- 0.3 cup sun-dried tomatoes drained in oil (5 or 6)
- 1 tablespoon tomato paste

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- wooden spoon

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Spray a baking sheet with vegetable oil cooking spray. Set aside.
- In a food processor, pulse together the shallots, sun-dried tomatoes, basil, shredded mozzarella, Parmesan, tomato paste, red pepper flakes, and salt. Process until blended.
- Transfer the mixture to a large bowl.
- Add the beef and pork and, using a wooden spoon or clean hands, stir until well combined. Form the mixture into 36 equal-size meatballs (about 1 1/4 to 1 1/2 inches in diameter).
- Insert 1 cube smoked mozzarella cheese into the center of each meatball and form the meat around it, completely enclosing the cheese.
- In a large nonstick skillet, heat half the oil over medium heat.
- Add half of the meatballs and cook, turning occasionally, until well browned on all sides, about 5 minutes.
- Drain on paper towels. Repeat with the remaining oil and meatballs.

- Place the browned meatballs onto the prepared baking sheet.
- Bake for 8 to 10 minutes for medium doneness. Set aside to cool slightly, and serve with warm marinara sauce.

Nutrition Facts

PROTEIN 22.83% **FAT 71.54%** **CARBS 5.63%**

Properties

Glycemic Index:7.53, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:4.7443477977877%

Nutrients (% of daily need)

Calories: 127.09kcal (6.35%), Fat: 10.11g (15.55%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.33g (0.49%), Sugar: 0.96g (1.07%), Cholesterol: 27.51mg (9.17%), Sodium: 268.22mg (11.66%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.26g (14.51%), Vitamin B12: 0.63µg (10.54%), Selenium: 7.28µg (10.4%), Zinc: 1.32mg (8.8%), Phosphorus: 85.36mg (8.54%), Vitamin B3: 1.61mg (8.07%), Vitamin B1: 0.11mg (7.35%), Vitamin B6: 0.14mg (7.15%), Vitamin B2: 0.09mg (5.56%), Potassium: 176.81mg (5.05%), Vitamin E: 0.74mg (4.91%), Calcium: 47.22mg (4.72%), Iron: 0.79mg (4.41%), Vitamin A: 194.98IU (3.9%), Vitamin K: 3.36µg (3.2%), Vitamin C: 2.54mg (3.08%), Magnesium: 11.53mg (2.88%), Vitamin B5: 0.26mg (2.63%), Copper: 0.05mg (2.5%), Manganese: 0.04mg (2.03%), Fiber: 0.46g (1.82%), Folate: 5.13µg (1.28%)