



Meatballs in BBQ Gravy

READY IN



120 min.

SERVINGS



6

CALORIES



869 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon sliced into lardons
- 1 tablespoon basil leaves finely chopped
- 6 servings pepper black freshly ground
- 1 cup bread crumbs dried fine
- 2 tablespoons brown sugar
- 1 small can chipotle peppers in adobo
- 84 ounce tomatoes chopped canned
- 1 carrots chopped
- 1 stalk celery chopped

- 1.5 glasses chianti
- 3 tablespoons cider vinegar
- 1 large eggs
- 2 tablespoons flat-leaf parsley 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
- 6 servings sea salt
- 6 servings sea salt
- 1 small can tomato paste
- 1 cup water
- 1 tablespoon worcestershire sauce

Equipment

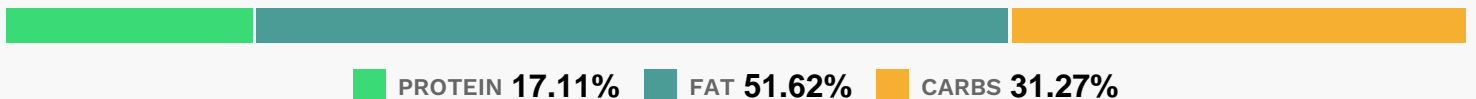
- bowl
- frying pan
- sauce pan
- pot
- stove
- slotted spoon

Directions

- Heat a large soup pot over medium-high heat.

- Add the olive oil and heat for 1 minute. When the oil is hot, add the bacon and render. When golden brown and beginning to crisp, add minced carrot, celery, onion, and garlic.
- Add a pinch of salt and saute vegetables to a light brown.
- Add rosemary and brown sugar and stir.
- Add Chianti and vinegar to pot, stir and bring to boil.
- Add the tomato paste, chipotles in adobo, and the chopped tomatoes. Stir and simmer for 1 to 1 1/2 hours, skimming the top occasionally to remove any scum that forms.
- While the BBQ gravy is simmering, make the meatballs.
- In a large bowl, mix together the meat, egg, Worcestershire, cheese, parsley, oregano, basil, onion, bread crumbs, and garlic, and season with salt and pepper.
- Add 1/2 cup of 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.
- Using a slotted spoon, remove the meatballs from the pan.
- Drain the juice out of the bottom of the pan, return the meatballs to it and cover them with warm BBQ gravy.
- Serve on top of Grilled Spaghetti.

Nutrition Facts



Properties

Glycemic Index:79.14, Glycemic Load:11.12, Inflammation Score:-10, Nutrition Score:44.496521555859%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.09mg, Apigenin: 3.09mg, Apigenin: 3.09mg, Apigenin: 3.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg

Nutrients (% of daily need)

Calories: 868.74kcal (43.44%), Fat: 48.57g (74.72%), Saturated Fat: 15.97g (99.78%), Carbohydrates: 66.21g (22.07%), Net Carbohydrates: 51.78g (18.83%), Sugar: 30.56g (33.96%), Cholesterol: 133.44mg (44.48%), Sodium: 1778.78mg (77.34%), Alcohol: 6.43g (100%), Alcohol %: 0.93% (100%), Protein: 36.22g (72.44%), Vitamin B3: 13.7mg (68.51%), Vitamin B6: 1.31mg (65.52%), Manganese: 1.22mg (60.88%), Vitamin C: 50.01mg (60.62%), Vitamin A: 2965.84IU (59.32%), Iron: 10.41mg (57.81%), Fiber: 14.42g (57.7%), Potassium: 1959.91mg (56%), Vitamin K: 58.09µg (55.32%), Selenium: 38.11µg (54.44%), Vitamin B1: 0.81mg (53.69%), Copper: 1.04mg (52.05%), Vitamin E: 7.22mg (48.13%), Phosphorus: 471.15mg (47.12%), Zinc: 6.13mg (40.89%), Vitamin B12: 2.18µg (36.26%), Magnesium: 136.07mg (34.02%), Vitamin B2: 0.57mg (33.33%), Calcium: 269.18mg (26.92%), Folate: 104.98µg (26.24%), Vitamin B5: 2.5mg (24.96%), Vitamin D: 0.55µg (3.69%)