



Meatballs in Saffron-Almond Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.3 ounce no-salt-added beef broth canned
- ☐ 0.3 cup blanched almonds and toasted
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves
- ☐ 0.1 teaspoon ground cloves

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 pound ground round
- ☐ 0.5 pound pd of ground turkey
- ☐ 3 ounce whole-grain bread divided
- ☐ 2 tablespoons onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon saffron threads crushed
- ☐ 0.3 teaspoon salt

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ Place 2 bread slices in a food processor; process 30 seconds or until crumbs are fine.
- ☐ Combine the breadcrumbs, beef, and next 8 ingredients (beef through egg) in a bowl. Shape mixture into 24 (1-inch) meatballs.
- ☐ Place meatballs on a broiler pan coated with cooking spray.
- ☐ Bake at 350 for 17 minutes or until browned.
- ☐ Combine 1 bread slice, almonds, and next 6 ingredients (almonds through garlic) in a food processor, and process until smooth. Spoon mixture into a skillet; add broth, and bring to a boil over medium-high heat.
- ☐ Add meatballs; reduce heat, and simmer, uncovered, 15 minutes, stirring occasionally.
- ☐ Sprinkle with parsley, if desired.

Nutrition Facts



 **PROTEIN 37.55%**  **FAT 51.66%**  **CARBS 10.79%**

Properties

Glycemic Index:46.96, Glycemic Load:2.99, Inflammation Score:-4, Nutrition Score:14.331304384314%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 256.38kcal (12.82%), Fat: 13.97g (21.49%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 5.41g (1.97%), Sugar: 0.95g (1.06%), Cholesterol: 84.54mg (28.18%), Sodium: 779.57mg (33.89%), Alcohol: 1.54g (100%), Alcohol %: 1.32% (100%), Protein: 22.85g (45.69%), Selenium: 25.55µg (36.5%), Vitamin B3: 6.69mg (33.46%), Vitamin B12: 1.73µg (28.76%), Vitamin B6: 0.56mg (27.89%), Zinc: 3.73mg (24.85%), Phosphorus: 235.24mg (23.52%), Manganese: 0.39mg (19.29%), Vitamin C: 15.51mg (18.8%), Vitamin K: 17.71µg (16.87%), Vitamin B2: 0.23mg (13.68%), Iron: 2.36mg (13.08%), Potassium: 411.29mg (11.75%), Magnesium: 43.16mg (10.79%), Vitamin B5: 0.91mg (9.09%), Copper: 0.17mg (8.44%), Vitamin E: 1.17mg (7.82%), Vitamin B1: 0.11mg (7.2%), Fiber: 1.16g (4.63%), Folate: 18.04µg (4.51%), Calcium: 43.76mg (4.38%), Vitamin A: 126.28IU (2.53%), Vitamin D: 0.27µg (1.78%)