



## Meatballs in Winter Tomato Sauce

READY IN



120 min.

SERVINGS



10

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 teaspoon pepper black freshly ground
- 1 cup bread crumbs fresh fine
- 28 ounce canned tomatoes whole canned
- 1 large eggs
- 0.3 cup flat-leaf parsley leaves fresh minced
- 2 tablespoons flat-leafed parsley leaves fresh minced
- 1 tablespoon garlic minced
- 2.5 pounds ground beef chuck
- 1.5 pounds ground pork

- 1.5 cups milk
- 0.5 teaspoon nutmeg freshly grated
- 0.5 cup olive oil for browning meatballs
- 2 medium onions
- 1.5 teaspoons oregano dried crumbled
- 2.5 teaspoons salt

## Equipment

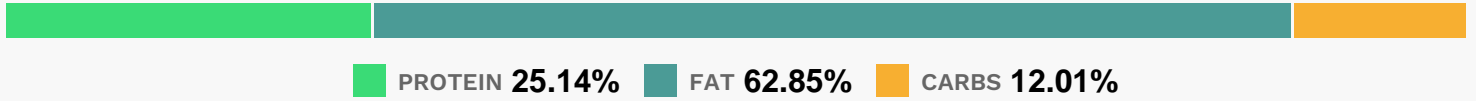
- bowl
- frying pan
- baking sheet
- sieve
- aluminum foil
- slotted spoon

## Directions

- Make the Meatballs: In a large bowl soak bread crumbs in milk 10 minutes. Finely chop onions.
- Add onions and remaining meatball ingredients except olive oil o bread crumb mixture and with your hands blend together until just combined well (do not over mix).
- Form mixture into walnut-size balls and arrange on large trays or baking sheets.
- In a large heavy skillet heat 2 tablespoons oil over moderately high heat until hot but not smoking and brown meatballs in batches without crowding, shaking skillet to maintain round shape and adding remaining oil as necessary.
- Transfer meatballs as browned (and any browned onions that fall from meatballs) with a slotted spoon to a 7 to 8 quart heavy kettle.
- Make the Sauce: In a large sieve set over a bowl drain tomatoes, reserving juice, and chop.
- To meatballs add chopped tomatoes with reserved juice, garlic, and oregano and simmer, covered, 30 minutes.
- Transfer meatballs with a slotted spoon to a bowl and keep warm, loosely covered with foil. Briskly simmer sauce until

- reduced to about 2 cups, about 25 minutes. Season sauce with salt and pepper
- and gently stir in meatballs. (Meatballs in sauce may be made 3 days ahead
- and cooled completely, uncovered, before being chilled, covered. Reheat
- meatballs in sauce before serving.)
- Gently stir parsley into meatballs and sauce.

## Nutrition Facts



### Properties

Glycemic Index:30.4, Glycemic Load:2.87, Inflammation Score:-7, Nutrition Score:27.123478288236%

### Flavonoids

Apigenin: 4.96mg, Apigenin: 4.96mg, Apigenin: 4.96mg, Apigenin: 4.96mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

### Nutrients (% of daily need)

Calories: 607.77kcal (30.39%), Fat: 42.14g (64.84%), Saturated Fat: 16.03g (100.2%), Carbohydrates: 18.12g (6.04%), Net Carbohydrates: 15.48g (5.63%), Sugar: 6.94g (7.71%), Cholesterol: 161.01mg (53.67%), Sodium: 909.34mg (39.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.94g (75.87%), Selenium: 42.34µg (60.48%), Vitamin B1: 0.83mg (55.64%), Vitamin B12: 3.27µg (54.43%), Vitamin B3: 10.06mg (50.32%), Zinc: 7.17mg (47.78%), Vitamin K: 47.02µg (44.78%), Vitamin B6: 0.88mg (43.86%), Phosphorus: 418.86mg (41.89%), Vitamin B2: 0.52mg (30.86%), Iron: 4.88mg (27.11%), Potassium: 905.26mg (25.86%), Manganese: 0.35mg (17.53%), Vitamin B5: 1.64mg (16.42%), Magnesium: 64.78mg (16.19%), Vitamin C: 12.81mg (15.53%), Copper: 0.3mg (15.08%), Calcium: 141.85mg (14.18%), Folate: 44.67µg (11.17%), Vitamin E: 1.62mg (10.77%), Fiber: 2.65g (10.59%), Vitamin A: 462.84IU (9.26%), Vitamin D: 0.62µg (4.11%)