



## Meatballs with pesto mash

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 400 g ground beef lean
- ☐ 1 small bunch basil whole roughly chopped
- ☐ 1 tbsp worcestershire sauce
- ☐ 1 tsp olive oil
- ☐ 700 g passata with onions and garlic
- ☐ 1 kg potatoes peeled cut into small chunks
- ☐ 150 ml milk
- ☐ 2 tbsp basil fresh

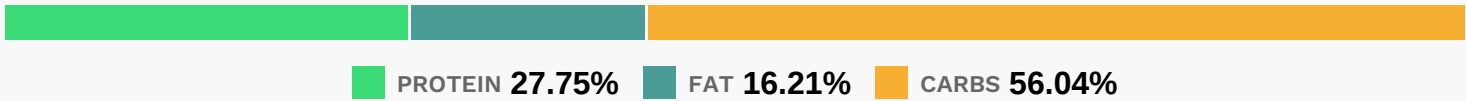
# Equipment

- ☐ frying pan
- ☐ sauce pan

# Directions

- ☐ Mix the mince with half the chopped basil, the Worcestershire sauce and some seasoning, then use your hands to shape into 16 meatballs.
- ☐ Heat a non-stick frying pan, add the oil, then fry the meatballs, turning, for 5 mins until browned. Tip in the passata and remaining chopped basil. Simmer gently for 10 mins until the meatballs are cooked through.
- ☐ Meanwhile, boil potatoes for 10-15 mins until tender.
- ☐ Drain well, then return to the saucepan over a low heat and mash leaving the heat on will help to dry out the potatoes for a fluffier mash. Stir in the milk, then marble through the pesto. Pile the mash onto 4 plates, spoon over meatballs and serve scattered with the reserved basil.

# Nutrition Facts



# Properties

Glycemic Index:65.44, Glycemic Load:32.7, Inflammation Score:-9, Nutrition Score:35.243044148321%

# Flavonoids

Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

# Nutrients (% of daily need)

Calories: 433.61kcal (21.68%), Fat: 7.99g (12.29%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 62.15g (20.72%), Net Carbohydrates: 53.24g (19.36%), Sugar: 12.7g (14.11%), Cholesterol: 66.64mg (22.21%), Sodium: 200.18mg (8.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.78g (61.56%), Vitamin C: 69.28mg (83.98%), Vitamin B6: 1.38mg (69.08%), Potassium: 2273.97mg (64.97%), Vitamin B3: 10.81mg (54.06%), Phosphorus: 455mg (45.5%), Zinc: 6.65mg (44.36%), Copper: 0.88mg (43.9%), Iron: 7.84mg (43.55%), Vitamin B12: 2.45µg (40.81%), Manganese: 0.75mg (37.45%), Fiber: 8.91g (35.63%), Magnesium: 128.24mg (32.06%), Vitamin K: 33.21µg (31.63%), Selenium: 20.15µg (28.78%), Vitamin E: 3.98mg (26.52%), Vitamin B2: 0.44mg (26.11%), Vitamin A: 1235.17IU (24.7%), Vitamin B5: 2.31mg (23.07%), Vitamin B1: 0.31mg (20.74%), Folate: 68.09µg (17.02%), Calcium: 131.74mg (13.17%), Vitamin D:

0.53μg (3.5%)