



Meatballs with Tomato Ragu and Creamy Polenta

 Popular

READY IN



155 min.

SERVINGS



8

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces bacon thick minced
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 cup breadcrumbs fresh soft
- ☐ 2 tablespoons butter
- ☐ 1 large carrots coarsely chopped
- ☐ 2 rib celery coarsely chopped
- ☐ 1 cup cooking wine dry red

- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup flat-leaf parsley leaves fresh finely chopped
- ☐ 1 oz basil fresh
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 2 garlic cloves
- ☐ 2 garlic cloves minced
- ☐ 1 pound ground pork
- ☐ 1 teaspoon kosher salt
- ☐ 1.3 teaspoons kosher salt
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest loosely packed
- ☐ 2 teaspoons lemon zest
- ☐ 8 servings meatballs
- ☐ 0.3 cup milk
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 56 oz plum tomatoes whole canned
- ☐ 2 cups polenta uncooked
- ☐ 8 servings polenta
- ☐ 0.3 tsp pepper dried red crushed
- ☐ 2 cups vegetable broth
- ☐ 1 cup whipping cream
- ☐ 1 large onion yellow coarsely chopped
- ☐ 8 servings ragu
- ☐ 8 servings ragu

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ dutch oven

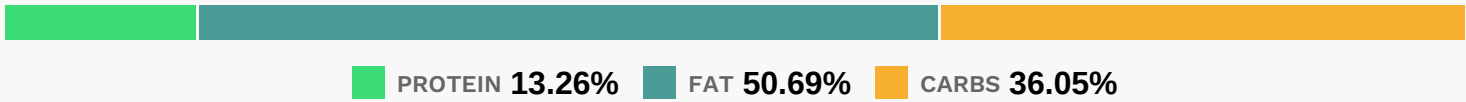
Directions

- ☐ Prepare Meatballs: Preheat oven to 40
- ☐ Combine first 2 ingredients in a bowl; let stand 10 minutes. Stir in egg and next 11 ingredients until blended.
- ☐ Add pork; combine using your hands. (Do not overmix.) Shape into 36 (1-inch) balls. Lightly grease a jelly-roll pan with cooking spray.
- ☐ Place meatballs in pan.
- ☐ Bake 10 minutes.
- ☐ Prepare Ragu: Process onion and next 3 ingredients in a food processor 20 seconds or until finely chopped; transfer to a bowl. Process tomatoes, in batches, until smooth.
- ☐ Saut onion mixture in hot oil in a Dutch oven over medium heat 17 to 20 minutes or until tender.
- ☐ Add wine and 1/4 tsp. salt, and cook, stirring occasionally, 3 minutes. Stir in broth, basil, tomatoes, and remaining 3/4 tsp. salt. Bring to a boil; reduce heat to low, and simmer, stirring occasionally, 35 minutes; add meatballs, and cook 10 minutes. Discard basil. Stir in lemon zest and salt and pepper to taste.
- ☐ Prepare Polenta: Bring 8 cups water and 1 1/4 tsp. kosher salt to a boil in a 4-qt. saucepan over medium-high heat; gradually whisk in polenta. Reduce heat to medium-low; cook, stirring occasionally, 20 to 25 minutes or until creamy.
- ☐ Remove from heat; stir in cream, cheese, and butter.
- ☐ Add salt and pepper to taste.

☐

Serve immediately with ragu.

Nutrition Facts



Properties

Glycemic Index:64.48, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:28.279565375784%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 739.41kcal (36.97%), Fat: 40.68g (62.59%), Saturated Fat: 17.18g (107.35%), Carbohydrates: 65.08g (21.69%), Net Carbohydrates: 60.24g (21.91%), Sugar: 9.48g (10.53%), Cholesterol: 119.68mg (39.89%), Sodium: 1730.27mg (75.23%), Alcohol: 3.15g (100%), Alcohol %: 0.77% (100%), Protein: 23.95g (47.89%), Vitamin A: 4515.18IU (90.3%), Vitamin K: 79.72µg (75.93%), Vitamin B1: 0.75mg (49.9%), Selenium: 34.11µg (48.73%), Vitamin C: 36.87mg (44.69%), Phosphorus: 331.23mg (33.12%), Vitamin B6: 0.59mg (29.52%), Manganese: 0.58mg (29.02%), Vitamin B3: 5.72mg (28.59%), Potassium: 912.24mg (26.06%), Vitamin B2: 0.41mg (23.84%), Calcium: 197.33mg (19.73%), Fiber: 4.84g (19.37%), Zinc: 2.84mg (18.92%), Vitamin E: 2.7mg (17.99%), Magnesium: 69.2mg (17.3%), Iron: 3.02mg (16.79%), Folate: 67.05µg (16.76%), Copper: 0.27mg (13.69%), Vitamin B12: 0.76µg (12.72%), Vitamin B5: 1.24mg (12.39%), Vitamin D: 0.76µg (5.07%)