



WHATSheATE



Meatless Meatballs: Polpette di Lupo

READY IN



90 min.

SERVINGS



6

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch basil chopped
- ☐ 1 pound bread thick country-style stale cut into slices
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 3 large eggs
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 1 clove garlic thinly sliced
- ☐ 4 garlic cloves thinly sliced
- ☐ 6 servings kosher salt

- ☐ 1.5 cups milk
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup olive oil extra-virgin
- ☐ 1 onion spanish cut into 1/4-inch dice
- ☐ 0.5 bunch parsley italian chopped
- ☐ 0.5 cup pecorino grated
- ☐ 6 servings salt and pepper

Equipment

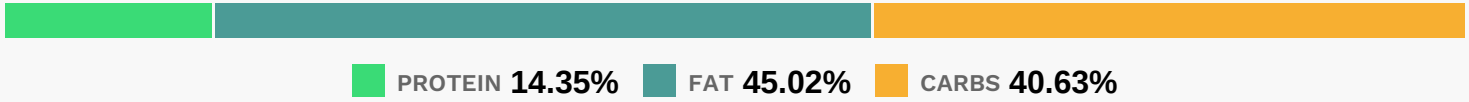
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ In a large bowl add the bread slices and milk.
- ☐ Let sit until the bread is soaked through, then squeeze dry. Crumble and tear the soaked bread into smaller pieces and process in the food processor, using quick pulses, to yield 4 cups soaked crumbs.
- ☐ Mix the crumbs in a bowl with the eggs, cheese, herbs, and garlic, adding salt and pepper, to taste. Form into round balls about 2 inches in diameter. Set aside on a rack or plate to dry for about 15 to 20 minutes.
- ☐ In a saucepan or deep skillet over medium-high heat, heat the oil to frying temperature, about 360 degrees F, and fry the bread balls until brown on all sides.
- ☐ Remove the balls as they brown and drain on a rack covered with paper towels.
- ☐ Have the tomato sauce ready. Arrange the balls on a platter and lightly cover with sauce.
- ☐ Serve immediately.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.

- ☐
- Add the thyme and carrot and cook until the carrot is quite soft, about 5 minutes more.
- ☐
- Add the tomatoes and their juice and bring to a boil, stirring often. Lower the heat and simmer until as thick as hot cereal, about 30 minutes. Season with salt, to taste.
- ☐
- This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:67.42, Glycemic Load:21.44, Inflammation Score:-10, Nutrition Score:32.199565058169%

Flavonoids

Apigenin: 10.39mg, Apigenin: 10.39mg, Apigenin: 10.39mg, Apigenin: 10.39mg Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 519.04kcal (25.95%), Fat: 26.6g (40.92%), Saturated Fat: 6.13g (38.31%), Carbohydrates: 54.01g (18%), Net Carbohydrates: 47.16g (17.15%), Sugar: 14.81g (16.46%), Cholesterol: 105.99mg (35.33%), Sodium: 1323.73mg (57.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.14%), Vitamin K: 105.75µg (100.71%), Manganese: 1.27mg (63.64%), Vitamin C: 39.36mg (47.7%), Selenium: 33.21µg (47.44%), Vitamin A: 2096.56IU (41.93%), Calcium: 398.13mg (39.81%), Iron: 6.93mg (38.51%), Vitamin B2: 0.59mg (35%), Phosphorus: 334.87mg (33.49%), Vitamin B1: 0.5mg (33.35%), Vitamin B3: 6.44mg (32.21%), Vitamin E: 4.67mg (31.15%), Folate: 111.99µg (28%), Fiber: 6.84g (27.38%), Vitamin B6: 0.54mg (27.17%), Potassium: 842.56mg (24.07%), Magnesium: 85.99mg (21.5%), Copper: 0.36mg (18.23%), Vitamin B5: 1.67mg (16.68%), Zinc: 2.16mg (14.38%), Vitamin B12: 0.65µg (10.87%), Vitamin D: 1.21µg (8.08%)