



Mini Meatballs in Saffron Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 32 servings flour
- 1.5 inch bread dry french
- 0.3 cup wine dry white
- 1 large eggs beaten to blend
- 2 garlic clove minced
- 0.5 teaspoon pepper black
- 8 ounces ground pork
- 8 ounces ground veal

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- 0.5 teaspoon paprika sweet
- 1 cup chicken broth ()
- 0.3 cup olive oil extra virgin extra-virgin
- 0.3 cup onion chopped
- 4 tablespoons parsley fresh italian chopped
- 0.3 teaspoon saffron threads crumbled
- 1.5 teaspoons salt

Equipment

- bowl
- frying pan
- slotted spoon

Directions

- Mix pork, veal, 1 tablespoon parsley, half of garlic, egg, bread, 1 1/4 teaspoons salt, and 1/2 teaspoon pepper in medium bowl to blend. Shape meat mixture into 1-inch balls. Dust meatballs with flour. Set aside.
- Heat oil in heavy large skillet over medium-high heat.
- Add meatballs and sauté until browned on all sides, about 10 minutes. Using slotted spoon, transfer meatballs to plate.
- Add onion to skillet; reduce heat to medium and sauté until tender, about 2 minutes. Stir in paprika, then 1 cup broth and wine. Return meatballs with any accumulated juices to skillet. Bring to simmer. Cover and cook until meatballs are tender, about 25 minutes. Uncover; add 2 tablespoons parsley, remaining garlic, and saffron. Simmer until sauce thickens, turning meatballs occasionally, about 10 minutes. Season sauce to taste with salt and pepper. (Can be made 1 day ahead. Cool slightly, then cover and refrigerate. Bring to simmer, thinning with broth if necessary.)
- Place meatballs with sauce on platter. Top with 1 tablespoon parsley.

Nutrition Facts



■ PROTEIN **24.08%** ■ FAT **46.86%** ■ CARBS **29.06%**

Properties

Glycemic Index:11.77, Glycemic Load:4.25, Inflammation Score:-1, Nutrition Score:3.8347826762044%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 87.67kcal (4.38%), Fat: 4.43g (6.81%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.92g (2.15%), Sugar: 0.12g (0.14%), Cholesterol: 22.54mg (7.51%), Sodium: 130.42mg (5.67%), Alcohol: 0.19g (100%), Alcohol %: 0.56% (100%), Protein: 5.12g (10.24%), Vitamin B3: 1.94mg (9.68%), Vitamin K: 9.34µg (8.89%), Selenium: 5.99µg (8.55%), Vitamin B1: 0.13mg (8.35%), Vitamin B2: 0.1mg (6.09%), Phosphorus: 56.14mg (5.61%), Vitamin B6: 0.1mg (4.9%), Zinc: 0.68mg (4.57%), Folate: 17.85µg (4.46%), Vitamin B12: 0.26µg (4.35%), Iron: 0.64mg (3.54%), Manganese: 0.07mg (3.48%), Vitamin B5: 0.3mg (2.97%), Potassium: 89.51mg (2.56%), Vitamin E: 0.31mg (2.1%), Copper: 0.04mg (1.86%), Magnesium: 7.42mg (1.86%), Vitamin A: 66.66IU (1.33%), Fiber: 0.27g (1.06%), Vitamin C: 0.87mg (1.05%)