



Mini Meatballs in Saffron Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



77 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

- ☐ 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



Properties

Glycemic Index:11.77, Glycemic Load:4.25, Inflammation Score:-1, Nutrition Score:3.2173913024042%

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: 77.47kcal (3.87%), Fat: 3.95g (6.08%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.92g (2.15%), Sugar: 0.12g (0.14%), Cholesterol: 16.73mg (5.58%), Sodium: 124.6mg (5.42%), Alcohol: 0.19g (100%), Alcohol %: 0.67% (100%), Protein: 3.75g (7.5%), Vitamin K: 9.34µg (8.89%), Vitamin B1: 0.12mg (7.97%), Selenium: 5.41µg (7.73%), Vitamin B3: 1.4mg (7.02%), Vitamin B2: 0.08mg (4.97%), Folate: 16.92µg (4.23%), Phosphorus: 41.75mg (4.17%), Vitamin B6: 0.07mg (3.45%), Manganese: 0.07mg (3.38%), Iron: 0.58mg (3.21%), Zinc: 0.47mg (3.12%), Vitamin B12: 0.17µg (2.76%), Vitamin B5: 0.2mg (2.04%), Vitamin E: 0.3mg (1.97%), Potassium: 67.19mg (1.92%), Copper: 0.03mg (1.47%), Magnesium: 5.72mg (1.43%), Vitamin A: 66.66IU (1.33%), Fiber: 0.27g (1.06%), Vitamin C: 0.87mg (1.05%)