



 **17%**
HEALTH SCORE

Mouthwatering Meatball & Peas!

READY IN



80 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

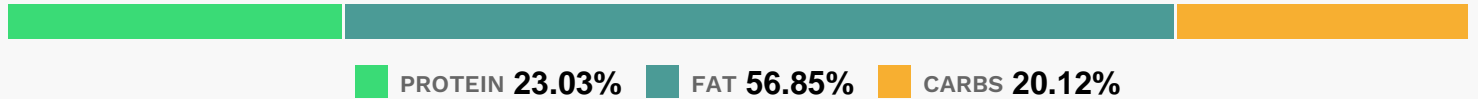
Ingredients

- 2 tablespoons cheese
- 2 tablespoons breadcrumbs dry
- 0.5 cup wine dry white
- 1 large eggs
- 1 tablespoon olive oil extra virgin (extra virgin olive oil)
- 1 garlic clove minced
- 0.5 lb ground beef
- 0.5 lb ground pork
- 2 tablespoons kosher salt

- 0.5 cup onion diced minced (small)
- 1 tablespoon oregano
- 1.5 cups peas frozen thawed
- 1 tablespoon pepper
- 1 dash salt
- 1 tablespoon thyme leaves
- 16 oz canned tomatoes diced canned
- 1 tablespoon water

Equipment

Nutrition Facts



Properties

Glycemic Index:65.83, Glycemic Load:5.35, Inflammation Score:-10, Nutrition Score:27.827391304348%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 515.19kcal (25.76%), Fat: 31.55g (48.54%), Saturated Fat: 11.33g (70.8%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 18.12g (6.59%), Sugar: 9.66g (10.73%), Cholesterol: 135.08mg (45.03%), Sodium: 3826.91mg (166.39%), Alcohol: 3.09g (17.17%), Protein: 28.76g (57.51%), Vitamin B1: 0.74mg (49.43%), Selenium: 31.71µg (45.3%), Vitamin C: 37.12mg (45%), Manganese: 0.86mg (42.91%), Vitamin B3: 7.89mg (39.46%), Vitamin B6: 0.77mg (38.33%), Phosphorus: 369.59mg (36.96%), Zinc: 5.28mg (35.19%), Vitamin K: 33.61µg (32.01%), Vitamin B12: 1.82µg (30.31%), Iron: 5.44mg (30.23%), Vitamin B2: 0.49mg (28.62%), Fiber: 6.99g (27.96%), Potassium: 914.18mg (26.12%), Copper: 0.44mg (21.98%), Magnesium: 80.77mg (20.19%), Folate: 77.82µg (19.45%), Calcium: 184.13mg

(18.41%), Vitamin A: 919.47IU (18.39%), Vitamin E: 2.66mg (17.76%), Vitamin B5: 1.37mg (13.68%), Vitamin D: 0.35µg (2.34%)