



## Mozzarella Stuffed Chicken Sausage Balls, Tomato-Basil Sauce, Cacio e Pepe Potatoes and Roast Broccolini

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



1146 kcal

SIDE DISH

### Ingredients

- 1 tub baby mozzarella balls fresh
- 1.5 pounds broccolini
- 28 ounce canned tomatoes canned
- 0.5 cup chicken stock see
- 1 head garlic
- 4 servings olive oil extra-virgin for liberal drizzling, 4 to 5 tablespoons total

- 1 tub pecorino cheese grated
- 1 tub pesto from the cases of the market fresh refrigerated
- 2 pounds pork sausage fresh italian
- 4 servings salt and pepper black freshly ground
- 2 pounds baby yukon gold potatoes

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- mixing bowl
- pot
- potato masher

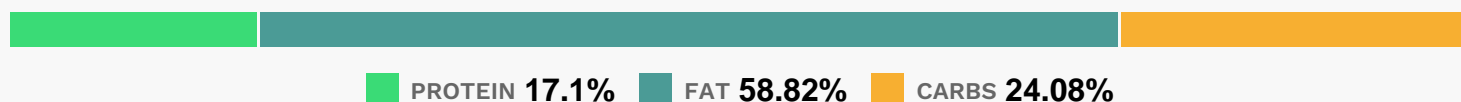
## Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- Quarter baby potatoes and cover with cold water. Bring to a boil then salt water and cook until tender, about 12 minutes.
- While potatoes come up to a boil, place a nonstick baking sheet alongside a mixing bowl.
- Remove 12 pieces of bite sized mozzarella from the water and set on work surface.
- Remove sausages from casings, if bulk not available, and place in a bowl.
- Combine the meat into a single mound then score it into 4 sections. Each section will yield 3 large sausage meatballs. To form each ball, take a handful of meat and wrap it around a piece of mozzarella.
- Roll 12 balls. Wash up. Coat balls with a drizzle of olive oil.
- Bake 18 to 20 minutes until cooked through and evenly browned.
- While the balls are cooking, trim ends of clean broccolini and scatter evenly over a baking sheet. Grate or chop 2 to 3 cloves of garlic and drizzle the broccolini and garlic with olive oil,

then season with salt and pepper and roast 12 to 15 minutes to crisp the broccolini tops.

- While the broccolini is roasting, add tomatoes to a small pot or skillet, mash with a potato masher and season with salt and pepper.
- Heat over medium heat then simmer to reduce about 8 to 10 minutes.
- When the potatoes are tender, drain and return to the hot pot to dry them out a little. Mash the potatoes with 1/2 cup stock or milk, 1/2 to 2/3 cup grated Romano cheese, a few generous handfuls, lots of black pepper and a little salt.
- Turn the heat off the tomatoes and stir in 1/2 cup prepared pesto.
- Serve three cheese-stuffed sausage balls with tomato-basil sauce on top or underneath, cacio e pepe smashed potatoes and broccolini alongside.

## Nutrition Facts



## Properties

Glycemic Index:66.44, Glycemic Load:33.74, Inflammation Score:-10, Nutrition Score:42.56217400924%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

## Nutrients (% of daily need)

Calories: 1145.57kcal (57.28%), Fat: 75.54g (116.22%), Saturated Fat: 22.21g (138.84%), Carbohydrates: 69.57g (23.19%), Net Carbohydrates: 58.63g (21.32%), Sugar: 15.06g (16.73%), Cholesterol: 164.67mg (54.89%), Sodium: 1819.3mg (79.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.42g (98.84%), Vitamin C: 222.85mg (270.12%), Vitamin B6: 1.77mg (88.32%), Vitamin B3: 16.01mg (80.03%), Vitamin A: 3612.86IU (72.26%), Vitamin B1: 0.98mg (65.25%), Potassium: 2160.16mg (61.72%), Phosphorus: 520.7mg (52.07%), Iron: 8.59mg (47.7%), Fiber: 10.94g (43.77%), Manganese: 0.85mg (42.57%), Zinc: 6.25mg (41.69%), Copper: 0.8mg (39.82%), Vitamin E: 4.97mg (33.11%), Vitamin B12: 1.94µg (32.27%), Magnesium: 126.88mg (31.72%), Vitamin B2: 0.49mg (28.67%), Vitamin B5: 2.79mg (27.89%), Calcium: 253.65mg (25.36%), Vitamin K: 24.52µg (23.35%), Vitamin D: 2.95µg (19.67%), Folate: 66.12µg (16.53%), Selenium: 3.61µg (5.16%)