

food
network



HEALTH SCORE

51%

Neapolitan Meatballs: Polpette alla Napolitana

READY IN



65 min.

SERVINGS



6

CALORIES



794 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups day-old bread cut into 1-inch cubes
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 3 eggs beaten
- ☐ 1 bunch flat parsley finely chopped
- ☐ 3 tablespoons thyme leaves fresh chopped
- ☐ 0.8 pounds ground pork
- ☐ 0.8 pounds ground veal
- ☐ 1 cup milk
- ☐ 6 tablespoons olive oil extra-virgin

- ☐ 1 large onion red
- ☐ 6 servings salt and pepper black freshly ground

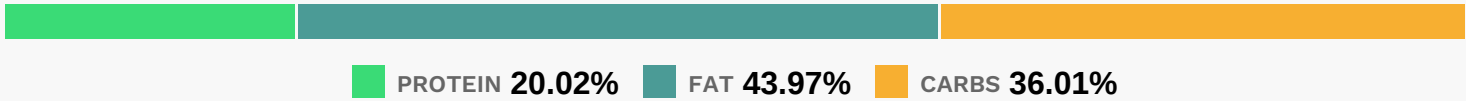
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a shallow bowl, soak the bread cubes in the milk for a minute or two. Using your hands, break apart the bread into small pieces.
- ☐ In a large bowl, combine the veal, pork, eggs, bread and milk, parsley, and salt and pepper.
- ☐ In a large, heavy-bottomed skillet, heat the oil over medium heat until almost smoking.
- ☐ Add the meatballs and, working in batches if necessary to avoid overcrowding the pan, cook until deep golden brown on all sides, about 10 minutes.
- ☐ Add the tomato sauce and reduce the heat to a simmer. Cook all the meatballs for 30 minutes. Set aside and allow to cool; save the sauce for spaghetti.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and cook until soft and light golden brown, 8 to 10 minutes.
- ☐ Add the thyme, tomatoes, and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:38.78, Glycemic Load:31.56, Inflammation Score:-10, Nutrition Score:45.31913077313%

Flavonoids

Apigenin: 20.6mg, Apigenin: 20.6mg, Apigenin: 20.6mg, Apigenin: 20.6mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg

Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 794.03kcal (39.7%), Fat: 39.1g (60.16%), Saturated Fat: 10.33g (64.57%), Carbohydrates: 72.06g (24.02%), Net Carbohydrates: 63.55g (23.11%), Sugar: 15.97g (17.75%), Cholesterol: 174.04mg (58.01%), Sodium: 1069.51mg (46.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.06g (80.12%), Vitamin K: 178.12µg (169.64%), Manganese: 1.75mg (87.75%), Selenium: 60.51µg (86.44%), Vitamin B3: 15.48mg (77.39%), Vitamin B1: 1.12mg (74.37%), Vitamin C: 44.84mg (54.35%), Vitamin B2: 0.92mg (53.97%), Iron: 9.51mg (52.81%), Phosphorus: 516.52mg (51.65%), Vitamin B6: 0.98mg (48.99%), Folate: 161.78µg (40.44%), Zinc: 5.23mg (34.87%), Potassium: 1199.1mg (34.26%), Calcium: 340.76mg (34.08%), Fiber: 8.52g (34.07%), Magnesium: 121.86mg (30.47%), Vitamin E: 4.51mg (30.1%), Vitamin B5: 2.97mg (29.69%), Vitamin A: 1468.07IU (29.36%), Vitamin B12: 1.57µg (26.2%), Copper: 0.5mg (25.16%), Vitamin D: 0.89µg (5.92%)