



## Old Fashioned Sicilian Succo

READY IN



270 min.

SERVINGS



20

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 87 ounce tomato sauce canned
- 1 cup bread crumbs dry
- 1 tablespoon basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 4 cloves garlic chopped
- 1 teaspoon garlic powder
- 2 pounds ground beef
- 1 pound ground pork
- 1 cup parmesan cheese grated

24 ounce tomato paste canned

## Equipment

bowl

frying pan

pot

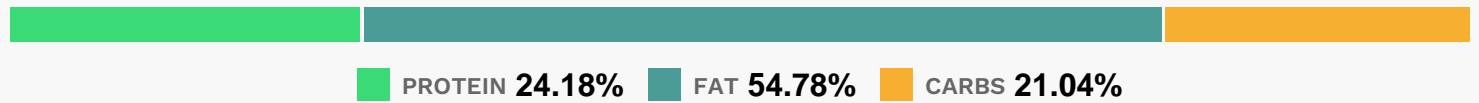
## Directions

In a large pot mix together garlic, tomato sauce, tomato paste, parsley and basil. Bring sauce to a boil and then turn down the heat and simmer.

In a large bowl mix together the ground beef, ground pork, bread crumbs, parmesan cheese, garlic powder and parsley. Shape into balls the size of a child's fist. In a skillet, fry meatballs in hot olive oil until brown.

Add to sauce mixture. Simmer over low heat for four hours.

## Nutrition Facts



## Properties

Glycemic Index:11, Glycemic Load:2.87, Inflammation Score:-6, Nutrition Score:14.314782545618%

## Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 259.21kcal (12.96%), Fat: 16.04g (24.67%), Saturated Fat: 6.17g (38.57%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 11.08g (4.03%), Sugar: 6.24g (6.93%), Cholesterol: 52.88mg (17.63%), Sodium: 799.87mg (34.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.85%), Vitamin B3: 4.91mg (24.55%), Selenium: 16.56µg (23.66%), Vitamin B6: 0.43mg (21.3%), Zinc: 3.07mg (20.45%), Vitamin B12: 1.22µg (20.26%), Phosphorus: 197.86mg (19.79%), Vitamin B1: 0.3mg (19.75%), Potassium: 678.88mg (19.4%), Iron: 3.02mg (16.8%), Vitamin E: 2.42mg (16.14%), Vitamin B2: 0.26mg (15.2%), Vitamin C: 12.39mg (15.02%), Vitamin A: 674.13IU (13.48%), Manganese: 0.27mg (13.39%), Copper: 0.26mg (13.05%), Fiber: 2.77g (11.09%), Magnesium: 41.82mg (10.46%), Vitamin K: 10.22µg (9.73%), Calcium: 95.91mg (9.59%), Vitamin B5: 0.91mg (9.07%), Folate: 26.37µg (6.59%)