



## Orecchiette with Mini Chicken Meatballs

READY IN



30 min.

SERVINGS



6

CALORIES



719 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.8 teaspoon pepper black freshly ground
- 0.3 cup bread crumbs plain
- 4 cups cherry tomatoes halved
- 2 large eggs lightly beaten
- 0.5 cup basil leaves fresh chopped
- 0.3 cup flat-leaf parsley fresh chopped
- 1 pound ground chicken
- 1 tablespoon catsup
- 1.5 cups chicken stock see hot low-sodium

- 8 ounces bocconcini mozzarella halved
- 0.3 cup olive oil
- 1 pound orecchiette pasta
- 0.5 cup parmesan freshly grated
- 0.8 cup romano grated
- 0.8 teaspoon salt
- 1 tablespoon milk whole

## Equipment

- bowl
- frying pan
- pot
- wooden spoon
- melon baller

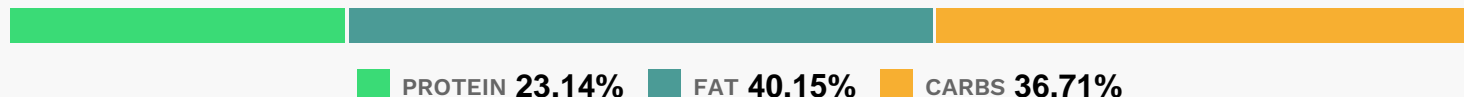
## Directions

- Watch how to make this recipe.
- Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- In a medium bowl, stir together the bread crumbs, parsley, eggs, milk, ketchup, Romano cheese, and the salt and pepper.
- Add the chicken and gently stir to combine.
- Using a melon baller (or a teaspoon measure), form the chicken mixture into 3/4-inch pieces. With damp hands, roll the chicken pieces into mini meatballs.
- In a large (14-inch) skillet, heat the oil over medium-high heat. Working in batches, add the meatballs and cook without moving until brown on the bottom, about 2 minutes. Turn the meatballs over and brown the other side, about 2 minutes longer.
- Add the chicken stock and tomatoes. Bring to a boil. Using a wooden spoon, scrape up the brown bits that cling to the bottom of the pan. Reduce heat to low and simmer until tomatoes

are soft and meatballs are cooked through, about 5 minutes.

- Drain the pasta, reserving about 1 cup of the pasta water.
- Transfer pasta to a large serving bowl and add the Parmesan. Toss to lightly coat orecchiette, adding reserved pasta water, if needed, to loosen the pasta.
- Add the meatball mixture, mozzarella cheese, and 1/2 cup of the basil. Gently toss to combine.
- Garnish with the chopped basil.

## Nutrition Facts



## Properties

Glycemic Index:44.67, Glycemic Load:23, Inflammation Score:-7, Nutrition Score:27.876956794573%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 718.62kcal (35.93%), Fat: 32.28g (49.67%), Saturated Fat: 10.13g (63.33%), Carbohydrates: 66.43g (22.14%), Net Carbohydrates: 62.92g (22.88%), Sugar: 5.75g (6.39%), Cholesterol: 159.59mg (53.2%), Sodium: 761.49mg (33.11%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 41.86g (83.72%), Selenium: 66.01µg (94.3%), Vitamin K: 59.44µg (56.6%), Phosphorus: 522.36mg (52.24%), Manganese: 0.92mg (46.1%), Calcium: 429.73mg (42.97%), Vitamin B3: 7.27mg (36.36%), Vitamin B6: 0.64mg (32.12%), Vitamin C: 26.44mg (32.04%), Vitamin B2: 0.45mg (26.31%), Potassium: 914.73mg (26.14%), Zinc: 3.27mg (21.79%), Copper: 0.42mg (20.96%), Vitamin A: 1027.04IU (20.54%), Magnesium: 81.79mg (20.45%), Iron: 3.38mg (18.78%), Vitamin B5: 1.68mg (16.79%), Vitamin B1: 0.25mg (16.6%), Vitamin E: 2.44mg (16.27%), Vitamin B12: 0.9µg (15%), Fiber: 3.5g (14.01%), Folate: 46.81µg (11.7%), Vitamin D: 0.47µg (3.1%)