



Pepperoni Meatballs

READY IN



135 min.

SERVINGS



25

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon anise seeds
- 1 bunch basil
- 8 ounces brisket cut into 1/2-inch chunks
- 10 ounces beef chuck boneless cut into 1/2-inch chunks
- 10 ounces beef short rib boneless cut into 1/2-inch chunks
- 28 ounce canned tomatoes whole crushed canned
- 1.5 teaspoons calabrian chili paste
- 2 tablespoons calabrian chili powder
- 0.3 cup cooking wine dry red

- 3 large eggs lightly beaten
- 4 ounces beef fat cut into 1/2-inch chunks
- 3.5 teaspoons fennel seeds
- 0.8 cup ricotta cheese fresh
- 6 cloves garlic chopped
- 25 servings grana padano cheese grated for topping
- 25 servings kosher salt
- 25 servings olive oil extra-virgin for greasing and drizzling
- 3 teaspoons oregano dried
- 7 slices bread white cut into 1/2-inch chunks

Equipment

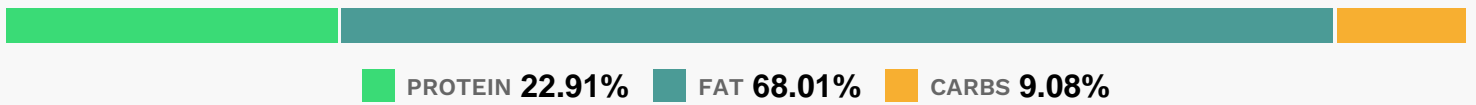
- bowl
- baking sheet
- oven
- roasting pan
- aluminum foil
- meat grinder

Directions

- Preheat the oven to 400 degrees F. Grease 2 baking sheets with olive oil; set aside.
- Mix the beef short rib, chuck, brisket and fat in a large bowl.
- Add the bread, garlic, 1 tablespoon plus 1 teaspoon salt, chili powder, chili paste, fennel and anise seeds, and oregano; mix until combined. Grind the meat mixture in a meat grinder with a 1/4-inch grind die into a large bowl.
- Add the wine, ricotta and eggs and mix by hand until combined. (The mixture should be wet and tacky.)
- Form the mixture into 1 1/2-inch meatballs and put on the prepared baking sheets.
- Bake until the meatballs are brown, 15 to 20 minutes.

- Remove from the oven and reduce the oven temperature to 300 degrees F.
- Transfer the meatballs to a roasting pan.
- Pour the crushed tomatoes and their juices over the meatballs, cover with foil and bake until the meatballs are tender and have absorbed some of the sauce, 1 hour to 1 hour, 30 minutes. Scatter the basil leaves over the sauce.
- Divide the meatballs and sauce among bowls. Top with grana padano and drizzle with olive oil.
- Serve with bread, if desired.
- Photograph by Joseph DeLeo

Nutrition Facts



Properties

Glycemic Index:11.07, Glycemic Load:3.5, Inflammation Score:-6, Nutrition Score:12.867391264957%

Flavonoids

Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.63mg, Malvidin: 0.63mg, Malvidin: 0.63mg, Malvidin: 0.63mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 354.08kcal (17.7%), Fat: 26.83g (41.28%), Saturated Fat: 9.02g (56.37%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 6.83g (2.48%), Sugar: 2.14g (2.38%), Cholesterol: 67.66mg (22.55%), Sodium: 800.48mg (34.8%), Alcohol: 0.25g (100%), Alcohol %: 0.24% (100%), Protein: 20.33g (40.67%), Calcium: 414.98mg (41.5%), Phosphorus: 319.71mg (31.97%), Selenium: 17.54µg (25.06%), Vitamin B12: 1.35µg (22.52%), Zinc: 3.07mg (20.45%), Vitamin E: 2.92mg (19.47%), Vitamin B2: 0.24mg (13.91%), Vitamin K: 14.55µg (13.86%), Vitamin B6: 0.25mg (12.7%), Iron: 2.11mg (11.72%), Vitamin A: 581.63IU (11.63%), Vitamin B3: 2.31mg (11.56%), Manganese: 0.17mg (8.54%), Magnesium: 33.28mg (8.32%), Potassium: 284.27mg (8.12%), Vitamin B1: 0.11mg (7.06%), Copper: 0.12mg (6.06%), Vitamin B5: 0.54mg (5.4%), Folate: 20.43µg (5.11%), Fiber: 1.23g (4.94%), Vitamin C: 3.34mg (4.04%), Vitamin D: 0.3µg (2.01%)