



Polpette Napoletane

READY IN

ready

90 min.

SERVINGS

servings

6

CALORIES

calories

452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings unseasoned bread crumbs
- ☐ 6 servings serving suggestion: broccoli steamed
- ☐ 1 buffalo mozzarella cheese drained chopped
- ☐ 36 ounce tins cherry tomatoes peeled canned
- ☐ 2 eggs fresh
- ☐ 1 small bunch flat-leaf parsley finely chopped
- ☐ 1 clove garlic
- ☐ 1 clove garlic finely chopped
- ☐ 1 cup milk

- ☐ 6 servings olive oil extra-virgin
- ☐ 6 servings olive oil for frying extra-virgin
- ☐ 2 ounces pecorino grated
- ☐ 9 ounces beef and pork minced
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 slices bread white stale

Equipment

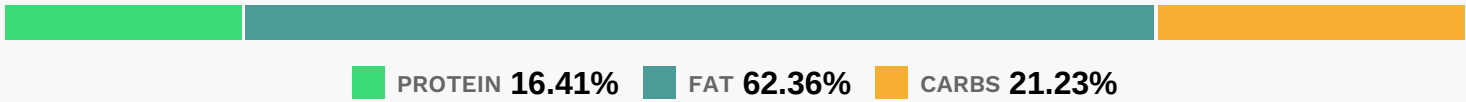
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Put the bread in a small mixing bowl, cover with milk, and leave to soak.
- ☐ Chop the parsley and garlic together. Put meat into a large mixing bowl. Squeeze the milk out of the bread and add to meat.
- ☐ Add parsley and garlic. Use your hands to mix the ingredients. Break eggs into the mixture to bind it. Keep mixing.
- ☐ Add the pecorino. Season with salt and freshly ground black pepper. Shape meatballs by hand, make a hole in the top and insert a small piece of mozzarella. Cover it up and pat meatball into shape.
- ☐ Roll them in bread crumbs.
- ☐ Pour olive oil into a frying pan and when it's really hot, fry the meatballs for 5 minutes, or until they have formed a crust. Then turn over. When golden brown and crusty on both sides remove the meatballs from the pan and drain on paper towels.
- ☐ Add the meatballs to the tomato sauce, cover and cook very slowly on low heat for 45 minutes, until the sauce is reduced by half.
- ☐ Pour enough oil into a saucepan to cover the surface.
- ☐ Add garlic and 3 tins of tomatoes, mashing them slightly. Boil the sauce for 5 minutes and simmer for another 3 minutes.

Cooking Time: 8 minutes

Nutrition Facts



Properties

Glycemic Index:49.3, Glycemic Load:4.5, Inflammation Score:-9, Nutrition Score:27.621739014335%

Flavonoids

Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 451.66kcal (22.58%), Fat: 31.84g (48.99%), Saturated Fat: 8.72g (54.47%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 21.05g (7.66%), Sugar: 8.22g (9.13%), Cholesterol: 99.59mg (33.2%), Sodium: 330.88mg (14.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.71%), Vitamin K: 217.55µg (207.19%), Vitamin C: 90.98mg (110.28%), Vitamin A: 2096.11IU (41.92%), Phosphorus: 318.9mg (31.89%), Selenium: 19.58µg (27.98%), Vitamin E: 4.18mg (27.9%), Calcium: 260.96mg (26.1%), Folate: 94.8µg (23.7%), Manganese: 0.47mg (23.44%), Vitamin B12: 1.4µg (23.35%), Potassium: 801.63mg (22.9%), Iron: 4.11mg (22.81%), Vitamin B2: 0.38mg (22.4%), Vitamin B6: 0.45mg (22.38%), Vitamin B3: 4.24mg (21.19%), Zinc: 3.13mg (20.86%), Vitamin B1: 0.29mg (19.47%), Magnesium: 54.01mg (13.5%), Fiber: 3.34g (13.34%), Vitamin B5: 1.25mg (12.47%), Copper: 0.24mg (12.16%), Vitamin D: 0.83µg (5.54%)