



## Polpettini

READY IN



50 min.

SERVINGS



40

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup bread crumbs
- 2 cups chicken stock see
- 3 large eggs
- 3 tablespoons rosemary leaves fresh finely chopped
- 3 garlic cloves smashed finely chopped
- 0.8 pound ground beef
- 40 servings kosher salt
- 40 servings olive oil extra-virgin
- 1.5 cups onion diced spanish ()

- 0.8 cup parmesan grated
- 6 tablespoons water

## Equipment

- bowl
- frying pan

## Directions

- Watch how to make this recipe.
- Coat a large saute pan with olive oil and put the pan over medium heat.
- Add the onions, season with salt, to taste, and saute until they are translucent and aromatic but have no color, about 5 to 6 minutes.
- Add the garlic and cook for 2 to 3 more minutes.
- Remove from the heat and cool.
- In a large bowl, combine the meats, rosemary, Parmesan, water, bread crumbs, and eggs. Season generously with salt and add the cooked onions and garlic.
- Combine until well mixed. (Squish with your hands, it's fun!)
- Make a small patty of the meat mixture. Cook it and eat it. This is a tester patty to check and see if the seasoning is correct (it will probably need salt). Adjust the seasoning, if needed.
- Roll the meat mixture into 3/4-inch meatballs. Coat a large saute pan with olive oil and put over high heat. Working in batches, cook the polpettini until they are brown on all sides.
- Add half a cup of chicken stock and cook until the stock has reduced by half.
- Remove to serving platters. Repeat this process until all the polpettini are cooked and serve immediately. Buonissimo!

## Nutrition Facts

 **PROTEIN 7.3%**  **FAT 88.42%**  **CARBS 4.28%**

## Properties

Glycemic Index:2.1, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.8108695564063%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

## **Nutrients (% of daily need)**

Calories: 168.88kcal (8.44%), Fat: 16.75g (25.77%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.66g (0.6%), Sugar: 0.53g (0.59%), Cholesterol: 21.62mg (7.21%), Sodium: 259.31mg (11.27%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.11g (6.22%), Vitamin E: 2.1mg (14%), Vitamin K: 8.74µg (8.32%), Selenium: 3.4µg (4.86%), Phosphorus: 40.78mg (4.08%), Vitamin B12: 0.24µg (4.02%), Zinc: 0.5mg (3.33%), Vitamin B3: 0.63mg (3.13%), Vitamin B2: 0.05mg (3.05%), Calcium: 30.43mg (3.04%), Vitamin B6: 0.05mg (2.72%), Iron: 0.42mg (2.34%), Potassium: 55.07mg (1.57%), Vitamin B1: 0.02mg (1.47%), Folate: 5.36µg (1.34%), Vitamin B5: 0.12mg (1.24%), Manganese: 0.02mg (1.2%), Magnesium: 4.41mg (1.1%), Copper: 0.02mg (1.06%)