



Pork Meatballs

READY IN



95 min.

SERVINGS



20

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup basil leaves washed
- 1 cup bread crumbs toasted
- 28 ounce canned tomatoes whole peeled canned
- 3 medium carrots grated peeled
- 2 teaspoons chili flakes
- 0.7 cup tightly curly parsley leaves dried with stems, washed, and chopped packed
- 2 eggs
- 2 teaspoons fennel seeds
- 10 cloves garlic peeled halved cut into thin slices

- 2 teaspoons granulated sugar
- 2 pounds ground pork lean (but not too)
- 20 servings kosher salt
- 4 tablespoons olive oil extra-virgin
- 1 cup parmesan freshly grated
- 20 servings parmesan freshly grated
- 2 teaspoons pepper flakes red
- 0.5 cup cup heavy whipping cream sour
- 0.3 cup vegetable oil for testing
- 4 cups water divided as needed plus more
- 2 large onions diced yellow peeled halved

Equipment

- bowl
- frying pan
- wooden spoon
- spatula
- slotted spoon

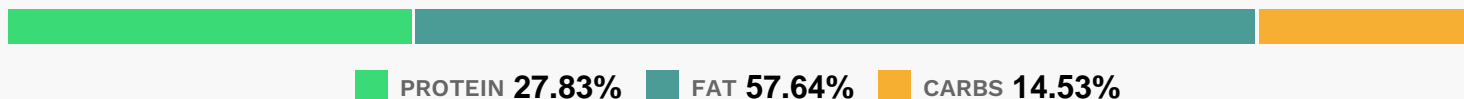
Directions

- Watch how to make this recipe.
- Add the meat to a large bowl, spread it out and season with salt, to taste.
- Add the remaining ingredients leaving the bread crumbs until last.
- Mix until all the ingredients are combined. Create a small patty and test it in a small saute pan in 1 tablespoon of oil. When browned on both sides, taste and re-season the meat mixture, if needed.
- Roll the mixture into about 20 to 25 or so balls that are about 2 inches in diameter.
- Heat the vegetable oil in a large skillet over high heat. When the oil begins to smoke lightly, shut off the heat to avoid splattering, add the meatballs in a single layer and spread them somewhat apart so they have a chance to brown instead of steam. You may need to do this

in batches. Brown the meatballs, over high heat, turning them so they brown all around. Treat them like hamburgers and cook them until they are medium-rare, about 3 to 5 minutes. Touch them to make sure they are still tender in the center. Use a slotted spoon or spatula to remove them from the pan to a tray and cook off the remaining balls, if needed.

- Add the meatballs to the hot tomato sauce and allow them to bubble slightly and simmer over very low heat for a few minutes. Shut off the heat and allow the mixture to rest for a few additional minutes before serving.
- Heat the olive oil in a large skillet over medium heat.
- Add the onions, the garlic, red pepper flakes, and sugar and season with salt, to taste. Stir in the carrots and re-season with salt. Cook for about 2 minutes, and then add canned tomatoes. Use a wooden spoon to break up some of the whole tomatoes and cook over medium heat, stirring from time to time, about 5 to 10 minutes.
- Add half of the water to prevent the veggies from getting too dry and continue cooking another 10 minutes. Taste for seasoning. The tomatoes should be fairly broken down and the flavors coming together.
- Add remaining water, as needed, and cook for an additional 10 minutes. The sauce cooks about as long as it takes to make the meatballs from start to finish, about 45 minutes. Stir in the basil leaves and season with Parmesan.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:16.23217394041%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 289.09kcal (14.45%), Fat: 18.57g (28.57%), Saturated Fat: 8.04g (50.27%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 9.05g (3.29%), Sugar: 3.31g (3.67%), Cholesterol: 62.1mg (20.7%), Sodium: 897.33mg (39.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.35%), Calcium: 468.08mg (46.81%), Vitamin K:

48.39µg (46.09%), Vitamin A: 2260.7IU (45.21%), Phosphorus: 342.18mg (34.22%), Selenium: 19.39µg (27.7%), Vitamin B1: 0.35mg (23.41%), Vitamin B2: 0.29mg (17.34%), Zinc: 2.17mg (14.45%), Vitamin B6: 0.27mg (13.47%), Vitamin B12: 0.72µg (12.04%), Vitamin C: 9mg (10.91%), Vitamin B3: 2.14mg (10.7%), Iron: 1.72mg (9.57%), Manganese: 0.19mg (9.36%), Magnesium: 35.59mg (8.9%), Potassium: 308.09mg (8.8%), Vitamin E: 1.29mg (8.58%), Vitamin B5: 0.62mg (6.16%), Copper: 0.12mg (5.97%), Fiber: 1.49g (5.95%), Folate: 23.8µg (5.95%), Vitamin D: 0.26µg (1.75%)