



Pork Meatballs in White Wine Sauce

READY IN



40 min.

SERVINGS



2

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon tarragon dried
- ☐ 0.5 cup bread crumbs dry
- ☐ 1 eggs
- ☐ 0.5 pound ground pork
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons onion powder
- ☐ 0.5 cup parmigiano-reggiano cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 3.5 fluid ounce wine glass white wine

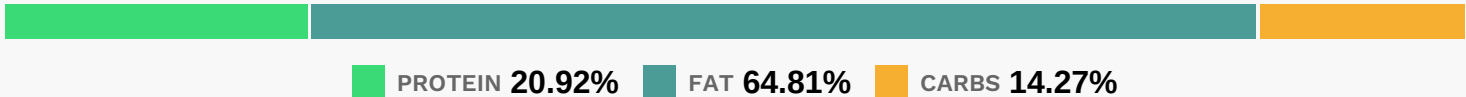
Equipment

☐ frying pan

Directions

- ☐ Mix the pork, egg, Parmigiano-Reggiano cheese, onion powder, tarragon, and salt until everything is well incorporated; form into meatballs the size of a tablespoon.
- ☐ Spread bread crumbs into a shallow dish; roll meatballs in bread crumbs to coat.
- ☐ Heat the olive oil in a skillet over medium heat. Cook meatballs in hot oil until golden brown on all sides, 3 to 5 minutes.
- ☐ Add white wine half a glass at the time; cook at a simmer until the wine is reduced to a nice thick sauce, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:23.050869599633%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 710.31kcal (35.52%), Fat: 48.1g (74%), Saturated Fat: 16g (99.97%), Carbohydrates: 23.83g (7.94%), Net Carbohydrates: 22.24g (8.09%), Sugar: 2.58g (2.87%), Cholesterol: 180.49mg (60.16%), Sodium: 1279.2mg (55.62%), Alcohol: 5.33g (100%), Alcohol %: 2.62% (100%), Protein: 34.93g (69.86%), Vitamin B1: 1.12mg (74.93%), Selenium: 47.46µg (67.8%), Phosphorus: 478.94mg (47.89%), Calcium: 397.83mg (39.78%), Vitamin B3: 6.95mg (34.73%), Vitamin B2: 0.58mg (34.21%), Vitamin B6: 0.59mg (29.57%), Zinc: 4.04mg (26.94%), Vitamin B12: 1.38µg (23.07%), Manganese: 0.44mg (21.92%), Iron: 3.52mg (19.53%), Vitamin E: 2.33mg (15.53%), Potassium: 518.63mg (14.82%), Magnesium: 57.72mg (14.43%), Vitamin B5: 1.39mg (13.95%), Folate: 51.19µg (12.8%), Vitamin K: 10.99µg

(10.47%), Copper: 0.16mg (8.24%), Vitamin A: 363.99IU (7.28%), Fiber: 1.59g (6.37%), Vitamin D: 0.56µg (3.77%),
Vitamin C: 1.76mg (2.14%)