



Pork Meatballs with Garlic and Allspice

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup carrots chopped
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup breadcrumbs plain dry
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 tablespoon parsley fresh finely chopped

- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.3 pounds ground pork lean
- ☐ 1 teaspoon lemon rind grated
- ☐ 1.3 cups onion chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 tablespoon oregano fresh finely chopped
- ☐ 32 ounce plum tomatoes canned
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt divided
- ☐ 8 ounces zucchini shredded

Equipment

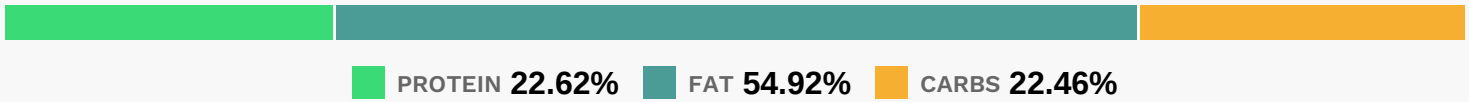
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ To prepare meatballs, combine zucchini and 1/2 teaspoon salt in a colander; let stand 30 minutes. Squeeze moisture from zucchini.
- ☐ Combine zucchini, 1/2 teaspoon salt, dry breadcrumbs, and the next 8 ingredients (dry breadcrumbs through 2 garlic cloves). Shape pork mixture into 24 (1-inch) meatballs.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add meatballs; cook 6 minutes or until done, turning to brown all sides.
- ☐ Drain well.
- ☐ To prepare sauce, drain 1 can tomatoes; discard liquid.
- ☐ Heat a medium saucepan coated with cooking spray over medium heat.

- ☐ Add onion and carrot; cook 10 minutes or until tender, stirring occasionally.
- ☐ Add red pepper and 2 garlic cloves; cook 2 minutes, stirring frequently. Stir in the drained tomatoes, undrained tomatoes, wine, 1/2 teaspoon salt, and 1/2 teaspoon black pepper.
- ☐ Place half of tomato mixture in food processor; process until smooth.
- ☐ Place pured tomato mixture in a large bowl. Repeat procedure with the remaining tomato mixture. Return pured tomato mixture to pan; bring to a boil. Reduce heat; simmer 25 minutes.
- ☐ Add meatballs and 1 tablespoon oregano to pan, and cook for 5 minutes or until thoroughly heated.
- ☐ Sprinkle with 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:3.25, Inflammation Score:-10, Nutrition Score:24.535652160645%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 353.96kcal (17.7%), Fat: 21.01g (32.32%), Saturated Fat: 7.65g (47.81%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 14.65g (5.33%), Sugar: 7.94g (8.82%), Cholesterol: 68.04mg (22.68%), Sodium: 711.58mg (30.94%), Alcohol: 2.1g (100%), Alcohol %: 0.71% (100%), Protein: 19.47g (38.94%), Vitamin A: 5092.67IU (101.85%), Vitamin B1: 0.86mg (57.35%), Vitamin C: 33.77mg (40.93%), Vitamin K: 39.13µg (37.27%), Selenium: 25.34µg (36.21%), Vitamin B6: 0.66mg (33.16%), Vitamin B3: 5.96mg (29.79%), Manganese: 0.54mg (26.79%), Potassium: 902.17mg (25.78%), Phosphorus: 249.84mg (24.98%), Vitamin B2: 0.35mg (20.42%), Fiber: 4.69g (18.75%), Zinc: 2.74mg (18.28%), Folate: 58.95µg (14.74%), Iron: 2.59mg (14.38%), Magnesium: 56.53mg (14.13%), Vitamin B12:

0.68µg (11.37%), Copper: 0.21mg (10.73%), Vitamin B5: 1.01mg (10.11%), Vitamin E: 1.46mg (9.71%), Calcium: 94.43mg (9.44%)