



Red Bean Meatballs with Spicy Sauce (Polpette di Fagioli Rossi in Salsa Picante)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce beans red canned
- ☐ 0.3 cup canola oil
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 1 clove garlic cloves peeled
- ☐ 4 tablespoon olive oil extra-virgin
- ☐ 8 ounce pancetta cut into ¼-inch dice

- ☐ 6 servings sea salt as needed
- ☐ 0.8 cup semolina flour
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup vegetable broth

Equipment

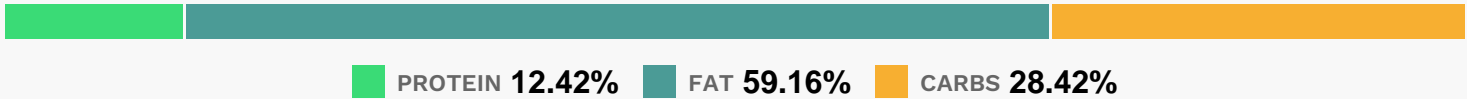
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ In a small saucepan combine vegetable broth, bell pepper, celery, 3 tablespoons olive oil, chili peppers, tomato paste, garlic clove, and a pinch of salt. Bring to a boil. Lower heat and simmer about 10 minutes.
- ☐ Remove pan from heat. Discard garlic clove. Brown the pancetta dice in a medium saucepan set over medium-high heat, about 8 minutes.
- ☐ Drain away most of the fat. In a food processor pulse the beans 8 or 10 times, scraping the sides of the bowl once or twice. They should remain quite chunky.
- ☐ Remove half the beans to a large mixing bowl. Puree the remaining beans, then scrape them into the same bowl with the chunky beans. To the bean bowl add the browned pancetta and about 1-tablespoon of its fat, the remaining olive oil, egg white, ¼ cup (or less depending on wetness of mixture) semolina flour and about ¼ teaspoon salt; blend the mixture together with your hands. Do not overmix. Form this mixture into thirty 1-tablespoon sized balls. They will be sticky, but be diligent.
- ☐ Put the remaining semolina flour into a shallow bowl. Lightly beat the whole egg in another shallow bowl. Dip 1 ball into the egg, letting excess drip away, then dredge it in the semolina flour to lightly coat on all sides.

- ☐
- Transfer to a baking sheet. Repeat with remaining balls.In a large non-stick or cast iron skillet, heat the canola oil over medium-high heat. Fry the balls, in batches, rolling them around in the skillet as they cook to brown well on all sides. About 3 to 5 minutes per batch. remove them as they finish to a paper towel lined tray. Season them with salt while still warm.Reheat the sauce.
- ☐
- Serve red bean meatballs in shallow bowls drizzled with some of the sauce.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:15.29, Inflammation Score:-5, Nutrition Score:16.030434846878%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 532.72kcal (26.64%), Fat: 35.22g (54.18%), Saturated Fat: 7.4g (46.25%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 29.62g (10.77%), Sugar: 3.35g (3.73%), Cholesterol: 55.95mg (18.65%), Sodium: 1006.07mg (43.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.26%), Selenium: 31.8µg (45.43%), Fiber: 8.45g (33.81%), Vitamin B1: 0.43mg (28.74%), Manganese: 0.57mg (28.32%), Phosphorus: 253.55mg (25.35%), Vitamin E: 3.43mg (22.84%), Folate: 79.76µg (19.94%), Vitamin B2: 0.31mg (18.37%), Vitamin B3: 3.58mg (17.88%), Vitamin K: 18.42µg (17.55%), Iron: 3.13mg (17.41%), Potassium: 532.09mg (15.2%), Magnesium: 59.79mg (14.95%), Copper: 0.28mg (14.13%), Vitamin B6: 0.26mg (13.1%), Zinc: 1.68mg (11.18%), Vitamin B5: 0.66mg (6.61%), Calcium: 53.7mg (5.37%), Vitamin B12: 0.27µg (4.47%), Vitamin A: 183.12IU (3.66%), Vitamin C: 1.87mg (2.27%), Vitamin D: 0.32µg (2.12%)