



## Ricotta and Sage Fried Meatballs

 Popular

READY IN



45 min.

SERVINGS



24

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.3 teaspoons sage dried
- ☐ 1 large eggs beaten to blend
- ☐ 2 teaspoons fennel seeds crushed toasted
- ☐ 0.8 cup flour all-purpose
- ☐ 24 sage fresh
- ☐ 3 garlic clove minced
- ☐ 8 ounces ground pork

- ☐ 1 teaspoon kosher salt
- ☐ 2 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.3 cup whole-milk ricotta cheese
- ☐ 2 tablespoons vegetable oil for frying plus more

## Equipment

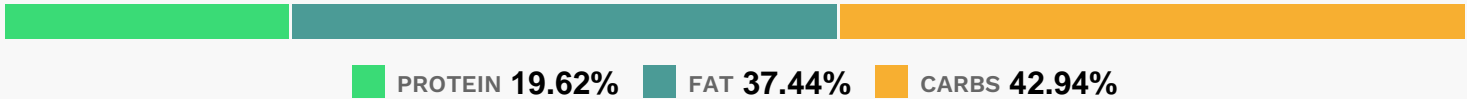
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ pot

## Directions

- ☐ Line a baking sheet with parchment. Stir ricotta and 2 tablespoons oil in a medium bowl until smooth.
- ☐ Mix in garlic and next 5 ingredients.
- ☐ Add pork; gently fold until just combined.
- ☐ Scoop out scant tablespoonful of pork mixture. With dampened hands, roll portions between your palms into 1" balls; place on sheet. Wrap 1 sage leaf around each ball; press gently to adhere.
- ☐ Place flour, egg, and panko in 3 separate medium bowls. Working with 1 meatball at a time, dredge in flour, rolling between your hands to remove excess flour. Dip in egg; allow excess to drip back into bowl.
- ☐ Roll meatball in panko, pressing gently to coat. Return to sheet.
- ☐ Attach deep-fry thermometer to side of a large heavy pot.
- ☐ Pour in oil to a depth of 2".
- ☐ Heat over medium heat until thermometer registers 350°F. Line another baking sheet with parchment; set a wire rack inside.

- ☐ Working in batches, frymeatballs, turning often, untillight golden and crisp, about1 minute(they will finish cookingin the oven).
- ☐ Transfer to wirerack; let cool. DO AHEAD:Meatballs can be fried 1 monthahead. Store airtight in freezer.
- ☐ Preheat oven to 275°F.
- ☐ Bakemeatballs in batches on wirerack in baking sheet until cookedthrough, about 15 minutes.
- ☐ Serve,or keep warm in oven for up to45 minutes.
- ☐ Pour some warm marinara,if using, into a small bowl.
- ☐ Servealongside for dipping.

## Nutrition Facts



## Properties

Glycemic Index:5.71, Glycemic Load:2.2, Inflammation Score:-1, Nutrition Score:2.9708695593088%

## Flavonoids

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: 68.09kcal (3.4%), Fat: 2.77g (4.27%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.71g (2.44%), Sugar: 0.45g (0.5%), Cholesterol: 15.1mg (5.03%), Sodium: 147mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin B1: 0.15mg (10.06%), Selenium: 5.62µg (8.03%), Copper: 0.15mg (7.58%), Manganese: 0.1mg (5.12%), Vitamin B3: 1mg (4.98%), Vitamin B2: 0.07mg (4.3%), Folate: 14.01µg (3.5%), Phosphorus: 34.85mg (3.49%), Iron: 0.61mg (3.36%), Vitamin B6: 0.05mg (2.75%), Zinc: 0.35mg (2.34%), Calcium: 21.24mg (2.12%), Fiber: 0.45g (1.8%), Vitamin B12: 0.1µg (1.7%), Magnesium: 6.08mg (1.52%), Potassium: 50.73mg (1.45%), Vitamin B5: 0.14mg (1.43%)