



Ricotta-Filled Meatballs

READY IN



45 min.

SERVINGS



8

CALORIES



842 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup ricotta cheese
- 0.5 cup parmesan grated
- 1.5 teaspoons coarse salt
- 1 serving pepper black freshly ground
- 3 cups top white italian cubed
- 1 pound ground veal
- 1 pound ground beef
- 1 pound ground pork
- 1 large eggs

- 0.5 onion chopped
- 0.3 cup parsley fresh chopped
- 0.3 cup basil fresh chopped
- 1.5 cups parmesan grated
- 1 inch oregano
- 1 serving coarse salt
- 2 cups tomato sauce
- 1 cup tomato sauce
- 0.5 cup ricotta cheese
- 0.3 cup parmesan grated

Equipment

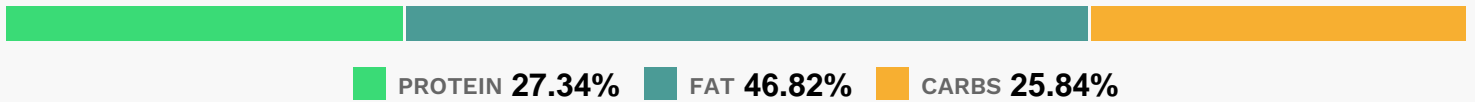
- bowl
- baking paper
- oven
- knife
- baking pan
- aluminum foil
- pastry bag
- apple corer

Directions

- Make the meatballs: Preheat oven to 350 degrees.
- Run bread under water and gently squeeze out excess liquid.
- Transfer bread to a large bowl and add veal, beef, pork, egg, onion, parsley, basil, cheese, and oregano; season with salt. Using your hands, mix until well combined. Divide mixture into 8 equal portions and roll each portion into a large round meatball.
- Place meatballs in a large baking dish.

- In a large bowl, combine tomato sauce and two cups of water. Spoon tomato sauce mixture over meatballs until liquid comes three-quarters of the way up the meatballs, adding more water if necessary. Cover baking dish with parchment paper-lined aluminum foil and transfer to oven.
- Bake meatballs for 1 hour, rotating dish after 30 minutes.
- Make the stuffing: In a medium bowl, mix together all ingredients.
- Transfer cheese mixture to a pastry bag fitted with a large plain round tip; set aside.
- Remove meatballs from baking dish and discard liquid. Using an apple corer or small knife, cut out a 1/2-inch hole in the bottom of each meatball; fill hole with cheese mixture and transfer meatballs to a large baking dish, hole side up.
- Serve: Preheat oven to 350 degrees. Spoon tomato sauce evenly over meatballs and transfer to oven.
- Bake until heated through, 10 to 15 minutes. Top each meatball with a tablespoon of ricotta cheese (it should look like it is oozing from the center) and sprinkle with Parmigiano; return to oven and heat for 3 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.94, Glycemic Load:37.86, Inflammation Score:-8, Nutrition Score:38.25478219986%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 841.91kcal (42.1%), Fat: 43.54g (66.98%), Saturated Fat: 19.58g (122.35%), Carbohydrates: 54.09g (18.03%), Net Carbohydrates: 50.56g (18.38%), Sugar: 8.05g (8.95%), Cholesterol: 193.66mg (64.55%), Sodium: 2045.93mg (88.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.2g (114.39%), Selenium: 68µg (97.14%), Vitamin B1: 1.16mg (77.42%), Vitamin B3: 14.46mg (72.32%), Phosphorus: 706.44mg (70.64%), Vitamin B2: 1.03mg

(60.34%), Zinc: 7.91mg (52.73%), Calcium: 524.44mg (52.44%), Vitamin B12: 2.92µg (48.69%), Vitamin B6: 0.89mg (44.26%), Iron: 7.1mg (39.45%), Vitamin K: 39.21µg (37.34%), Folate: 146.75µg (36.69%), Manganese: 0.62mg (31.22%), Potassium: 977.47mg (27.93%), Magnesium: 96.6mg (24.15%), Vitamin B5: 2.33mg (23.26%), Vitamin A: 1060.05IU (21.2%), Copper: 0.39mg (19.73%), Fiber: 3.53g (14.12%), Vitamin E: 2.09mg (13.94%), Vitamin C: 9.97mg (12.08%), Vitamin D: 0.42µg (2.77%)