



Ricotta-Filled Meatballs With Fennel and Chili

READY IN



80 min.

SERVINGS



24

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup canola oil
- ☐ 1 large eggs
- ☐ 1 bulb fennel diced finely
- ☐ 1.5 tablespoons fennel seeds toasted
- ☐ 0.5 pound ricotta cheese fresh
- ☐ 3 cloves garlic minced
- ☐ 0.5 pound ground beef
- ☐ 0.5 pound ground pork
- ☐ 0.5 pound ground veal

- ☐ 24 servings kosher salt and pepper freshly ground
- ☐ 1 lemon zest finely chopped
- ☐ 1 cup milk
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 1 small onion diced finely
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 bunch parsley finely chopped
- ☐ 0.5 cup pecorino romano cheese grated
- ☐ 1 tablespoon pepper flakes red plus more for topping
- ☐ 8 cups tomato sauce
- ☐ 2 slices bread white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ pastry bag
- ☐ cheesecloth

Directions

- ☐ Put the ricotta in a cheesecloth-lined sieve set over a bowl; let drain in the refrigerator overnight.
- ☐ Preheat a large skillet over medium heat.
- ☐ Add the olive oil, diced fennel, onion and garlic. Reduce the heat to medium low and cook until the vegetables are soft, about 10 minutes; let cool completely.
- ☐ Meanwhile, put the bread in a bowl, add the milk and soak about 5 minutes.
- ☐ Mix the beef, veal and pork in a large bowl.

- ☐ Add the onion mixture, egg, lemon zest, red pepper flakes, fennel seeds, pecorino, parmesan and parsley.
- ☐ Drain the bread, add it to the meat mixture and mix until combined. Season with salt and pepper.
- ☐ Mix the ricotta and salt to taste in a bowl; transfer to a pastry bag with a round tip. Form the meat mixture into 24 meatballs (slightly larger than golf balls). Make a 1-inch indentation in each meatball with your thumb, then pipe in about 1 teaspoon ricotta and form the meat around it to cover the cheese.
- ☐ Heat the canola oil in a large skillet over medium heat.
- ☐ Add the meatballs and cook until golden brown on all sides, about 7 minutes; set aside. Warm the tomato sauce in a large saucepan over medium heat.
- ☐ Put the meatballs in the tomato sauce and simmer until cooked through, about 15 minutes.
- ☐ Divide the meatballs and sauce among bowls; serve over bucatini, if desired.
- ☐ Drizzle with olive oil.
- ☐ Sprinkle with a pinch each of red pepper flakes and fennel pollen, if desired.
- ☐ Photograph by Joseph DeLeo

Nutrition Facts



Properties

Glycemic Index:14.41, Glycemic Load:2.71, Inflammation Score:-6, Nutrition Score:11.22782610292%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Apigenin: 5.12mg, Apigenin: 5.12mg, Apigenin: 5.12mg, Apigenin: 5.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 176.89kcal (8.84%), Fat: 12.29g (18.91%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 6.13g (2.23%), Sugar: 4.12g (4.58%), Cholesterol: 39.03mg (13.01%), Sodium: 698.87mg (30.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.03%), Vitamin K: 50.93µg (48.51%), Vitamin A:

763.43IU (15.27%), Vitamin E: 2.18mg (14.51%), Phosphorus: 143.95mg (14.39%), Vitamin C: 10.85mg (13.15%), Vitamin B3: 2.61mg (13.07%), Selenium: 8.92µg (12.75%), Potassium: 433.67mg (12.39%), Vitamin B6: 0.23mg (11.44%), Vitamin B2: 0.19mg (11.06%), Calcium: 109.56mg (10.96%), Zinc: 1.5mg (9.97%), Iron: 1.68mg (9.31%), Vitamin B12: 0.55µg (9.2%), Manganese: 0.17mg (8.56%), Vitamin B1: 0.13mg (8.51%), Fiber: 2g (8.01%), Copper: 0.14mg (7.09%), Magnesium: 27.79mg (6.95%), Vitamin B5: 0.65mg (6.45%), Folate: 21.34µg (5.34%), Vitamin D: 0.2µg (1.35%)