



Roasted Vegetable and Mini Meatball Pappardelle

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



717 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons bread crumbs dried fine
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup cooking wine dry white such as pinot grigio
- ☐ 1 large eggs
- ☐ 0.5 cup flat-leaf parsley finely chopped
- ☐ 0.8 cup flat-leaf parsley roughly chopped
- ☐ 0.5 cup peas fresh shelled (from)

- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 1 pound ground beef grass-fed
- ☐ 0.5 tsp kosher salt
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 teaspoon lemon zest
- ☐ 6 servings meatballs
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 6 servings pasta and vegetables
- ☐ 8 ounces pappardelle pasta dried
- ☐ 0.5 tsp pepper
- ☐ 0.8 teaspoon pepper
- ☐ 1 onion red cut into 1/2-in.-thick wedges
- ☐ 0.8 pound potatoes red quartered

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ roasting pan

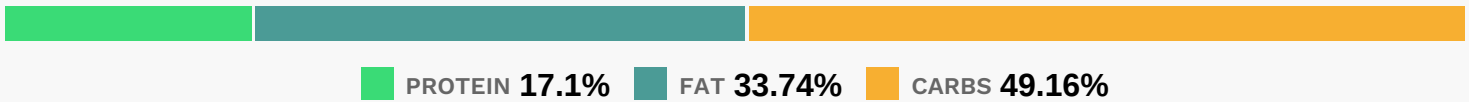
Directions

- ☐ Mix ingredients in a large bowl to combine. Divide into 1-tbsp. portions; using wet hands, roll into balls. Chill on a baking sheet, covered with plastic wrap, until ready to use (up to 1 day). Preheat oven to 42
- ☐ Prepare vegetables: Toss onion, garlic, and potatoes with oil and 1/2 tsp. each salt and pepper in a large roasting pan until evenly coated. Nestle meatballs around vegetables and bake until onion and potatoes are tender and meatballs are cooked through, about 30 minutes.

- ☐
- Meanwhile, cook pasta according to package directions, adding peas during the last minute of cooking.

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Nutrition Facts



Properties

Glycemic Index:67.89, Glycemic Load:29.33, Inflammation Score:-9, Nutrition Score:30.533043446748%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 26.95mg, Apigenin: 26.95mg, Apigenin: 26.95mg, Apigenin: 26.95mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 716.71kcal (35.84%), Fat: 26.18g (40.27%), Saturated Fat: 7.81g (48.84%), Carbohydrates: 85.83g (28.61%), Net Carbohydrates: 79.97g (29.08%), Sugar: 4.99g (5.55%), Cholesterol: 117.15mg (39.05%), Sodium: 630.69mg (27.42%), Alcohol: 2.06g (100%), Alcohol %: 0.83% (100%), Protein: 29.85g (59.69%), Vitamin K: 216.6µg (206.28%), Selenium: 81.8µg (116.86%), Manganese: 1.16mg (58.06%), Phosphorus: 409.2mg (40.92%), Zinc: 5.42mg (36.13%), Vitamin C: 28.77mg (34.87%), Vitamin B3: 6.36mg (31.78%), Vitamin B12: 1.82µg (30.34%), Vitamin B6: 0.6mg (30.21%), Iron: 4.89mg (27.15%), Vitamin A: 1238.34IU (24.77%), Potassium: 855.58mg (24.45%), Magnesium: 96.36mg (24.09%), Copper: 0.47mg (23.59%), Fiber: 5.86g (23.46%), Vitamin B1: 0.3mg (19.72%), Folate: 75.06µg (18.76%), Vitamin B2: 0.29mg (17.19%), Vitamin B5: 1.39mg (13.92%), Vitamin E: 1.74mg (11.62%), Calcium: 88.64mg (8.86%), Vitamin D: 0.36µg (2.37%)