



## Slow-Braised Meatballs with Cranberry Sauce

READY IN



105 min.

SERVINGS



8

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 quart beef stock low-sodium
- 0.5 teaspoon caraway seeds
- 10 ounces cranberries frozen
- 2 tablespoons crème fraîche
- 1 tablespoon dijon mustard
- 1 large eggs
- 4 sprigs thyme leaves fresh leaves picked
- 4 cloves garlic minced
- 1 pound ground beef

- 1 pound ground pork
- 1 pound ground veal
- 1 tablespoon honey
- 1 juice of orange
- 8 servings kosher salt and pepper black freshly ground
- 8 servings olive oil extra-virgin
- 1 medium onion chopped
- 1 bottle red wine
- 2 slices sandwich bread white
- 1 cup milk whole

## Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- toothpicks
- aluminum foil
- stove

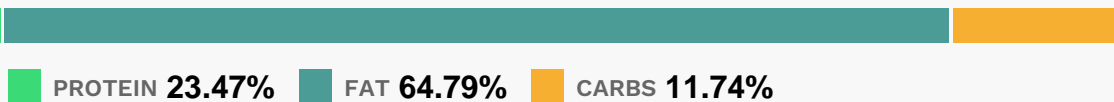
## Directions

- Preheat oven to 325 degrees F.
- Begin by preparing the meatballs.
- Remove crusts from bread and soak in milk.
- In a large mixing bowl combine veal, beef and pork. Squeeze out excess milk and add bread, onion, garlic, thyme and egg. Season with salt and pepper and mix well to combine. Make small golf ball sized balls. Set a heavy-based roasting dish over medium-high heat.
- Add a 3-count of olive oil and brown meatballs. Cook for 3 to 5 minutes ensuring to brown meatballs evenly all over. Turn the heat up to high and add red wine and beef stock. Bring to a boil then cover pan with aluminum foil and bake in oven for 45 minutes basting the meatballs

every 20 minutes. If all the liquid evaporates add some more beef stock as you go. When done, remove the meatballs and set aside. Set the pan with the braising liquid on the stove top over medium heat, add honey, mustard, caraway seeds and reduce until thick and syrupy. Finish with creme fraiche and season with salt and plenty of freshly ground black pepper.

Place cranberries with orange juice in a small saucepan and simmer until sauce is pulpy and thick – about 10 minutes. For an appetizer, serve meatballs skewered on toothpicks with cranberry sauce on the side.

## Nutrition Facts



### Properties

Glycemic Index:55.38, Glycemic Load:6.43, Inflammation Score:-8, Nutrition Score:23.593478223552%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 681.37kcal (34.07%), Fat: 43.85g (67.46%), Saturated Fat: 13.51g (84.41%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 15.95g (5.8%), Sugar: 8.07g (8.97%), Cholesterol: 156.25mg (52.08%), Sodium: 428.1mg (18.61%), Alcohol: 9.94g (100%), Alcohol %: 2.49% (100%), Protein: 35.74g (71.47%), Vitamin B3: 10.81mg (54.04%), Selenium: 33.71µg (48.16%), Vitamin B12: 2.6µg (43.28%), Phosphorus: 429.65mg (42.96%), Vitamin B6: 0.85mg

(42.51%), Zinc: 6.07mg (40.44%), Vitamin B1: 0.61mg (40.34%), Vitamin B2: 0.62mg (36.33%), Potassium: 977.58mg (27.93%), Vitamin E: 3mg (19.99%), Manganese: 0.4mg (19.78%), Iron: 3.53mg (19.61%), Vitamin B5: 1.84mg (18.43%), Magnesium: 66.89mg (16.72%), Vitamin C: 11.47mg (13.9%), Copper: 0.25mg (12.25%), Vitamin K: 12.16µg (11.58%), Calcium: 115.19mg (11.52%), Folate: 33.23µg (8.31%), Fiber: 1.93g (7.71%), Vitamin D: 0.52µg (3.45%), Vitamin A: 170.52IU (3.41%)