




Spanish Meatballs In Tomato Sauce


 Dairy Free

READY IN




45 min.

SERVINGS



20

CALORIES



137 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- 1 bay leaves
- 2 cloves garlic finely chopped
- 1 pound ground beef
- 1 cup olive oil
- 2 tablespoons olive oil
- 0.5 cup onion chopped
- 20 servings onion finely chopped
- 2 tablespoons parsley chopped

- 1 pinch pimenton de la vera sweet spanish (Dulce)
- 20 servings salt and pepper to taste
- 1 teaspoon sugar
- 600 g tomatoes
- 4 slices sandwich bread diced white
- 1 large eggs whole

Equipment

- food processor
- frying pan
- sauce pan
- mixing bowl
- immersion blender
- peeler

Directions

- Start by making the tomato sauce. Finely chop 1 onion. Peel 600g of tomatoes with a serrated peeler. Chop the peeled tomatoes into small pieces.
- Add 2 tablespoons of olive oil in a sauce pan.
- Add the chopped onions.
- Add a pinch of Pimenton de la Vera (Dulce), which is Spanish smoked sweet paprika. I used 1/4 teaspoon.
- Add more if you prefer the sauce to be spicy.
- Add the chopped tomatoes to the onions mixture and stir well to combine.
- Add 1 fresh bay leaf. I used 2 dried pieces here because I couldn't find fresh ones.
- Add 1 teaspoon of sugar and salt and pepper to taste. I added 1/2 teaspoon of salt and 1/4 teaspoon of ground black pepper. Adjust seasoning to taste. Cover the sauce pan and reduce the heat to a medium-low and let the tomato mixture simmer gently till it reduces to a sauce like consistency. In the meantime, make the meatballs by adding 1/2 an onion to a food processor.

- Add 2 cloves of garlic. I used 1 tablespoon of minced garlic. Process till the onions and garlic are finely chopped. Sweat the onion-garlic mixture in a frying pan with some olive oil. I just realised that I had missed this step. The meatballs still tasted great.
- Add the onion-garlic mixture to 500g ground beef in a mixing bowl. Slice off the crust of 4 slices of white bread.
- Cut the soft white bread into small cubes of 1cm all round.
- Add the chopped bread to the beef mixture.
- Add 2 tablespoons of chopped parsley. Use Italian flat parsley where possible. I couldn't find any, so I used English parsley.
- Add 1 large egg.
- Add salt and pepper to taste. I used approximately 1/4 teaspoon of salt and a pinch of black pepper.
- Mix well to combine. Shape the meat mixture into balls that are slightly bigger than the size of a golf ball size.
- Roll the meat tightly to form meatballs.
- Add 3/4 cup of olive oil to frying pan. The layer of oil should be approximately 3/4cm in the pan.
- Put the pan on medium-high heat and add the meatballs to the oil. Gently roll them around in the oil to brown all surfaces and ensure even cooking. When the meatballs are a deep golden brown, remove them from the frying pan and set aside. The tomatoes-onion mixture should have reduced to a sauce consistency now. You can use a hand blender to puree the mixture. Or leave the small bits of tomatoes and onions as they are.
- Add the meatballs to the tomato sauce and let the meatballs warm through.
- Garnish with more chopped parsley.

Nutrition Facts



PROTEIN 16.28% **FAT 56.26%** **CARBS 27.46%**

Properties

Glycemic Index:14.94, Glycemic Load:3.45, Inflammation Score:-5, Nutrition Score:5.925652173913%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg

Nutrients (% of daily need)

Calories: 136.54kcal (6.83%), Fat: 8.64g (13.29%), Saturated Fat: 2.38g (14.91%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 7.99g (2.9%), Sugar: 3.77g (4.19%), Cholesterol: 25.4mg (8.47%), Sodium: 240.68mg (10.46%), Protein: 5.63g (11.25%), Vitamin K: 11.75µg (11.19%), Vitamin C: 9.1mg (11.04%), Vitamin B6: 0.18mg (9.06%), Vitamin B12: 0.51µg (8.46%), Selenium: 5.67µg (8.1%), Zinc: 1.18mg (7.89%), Manganese: 0.15mg (7.48%), Vitamin B3: 1.45mg (7.27%), Phosphorus: 71.46mg (7.15%), Potassium: 231.4mg (6.61%), Folate: 24.65µg (6.16%), Vitamin A: 300.14IU (6%), Fiber: 1.5g (6%), Vitamin E: 0.82mg (5.48%), Iron: 0.91mg (5.06%), Vitamin B1: 0.08mg (5.02%), Vitamin B2: 0.08mg (4.67%), Magnesium: 15mg (3.75%), Calcium: 33.91mg (3.39%), Copper: 0.06mg (3.21%), Vitamin B5: 0.28mg (2.82%)