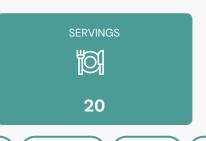


Spanish Meatballs In Tomato Sauce

airy Free







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
Eq	uipment
	food processor
	frying pan
	sauce pan
	mixing bowl
	immersion blender
	peeler
Di	rections
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	PROTEIN 16.28% FAT 56.26% CARBS 27.46%	
Nutrition Facts		
	Garnish with more chopped parsley.	
	Add the meatballs to the tomato sauce and let the meatballs warm through.	
	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 3/4 cup of olive oil to frying pan. The layer of oil should be approximately 3/4cm in the pan.	
	Roll the meat tightly to form meatballs.	
	Mix well to combine. Shape the meat mixture into balls that are slightly bigger than the size of a golf ball size.	
	Add salt and pepper to taste. I used approximately 1/4 teaspoon of salt and a pinch of black pepper.	
	Add 1 large egg.	
	Add 2 tablespoons of chopped parsley. Use Italian flat parsley where possible. I couldnt find any, so I used English parsley.	
	Add the chopped bread to the beef mixture.	
	Cut the soft white bread into small cubes of 1cm all round.	
	Add the onion-garlic mixture to 500g ground beef in a mixing bowl. Slice off the crust of 4 slices of white bread.	
	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.	

Properties

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

Flavonoids

Naringenin: O.2mg, Naringenin: O.2mg, Naringenin: O.2mg, Naringenin: O.2mg Apigenin: O.88mg, Apigenin: O.88mg, Apigenin: O.88mg, Apigenin: O.88mg, Luteolin: O.03mg, Luteolin:

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: 300.14lU (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%)