



Spanish meatballs with clams, chorizo & squid

READY IN



55 min.

SERVINGS



4

CALORIES



819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 25 g butter
- ☐ 3 small shallots diced
- ☐ 1 tsp paprika smoked sweet spanish (we used the , or dulce type)
- ☐ 3 garlic clove crushed sliced
- ☐ 2 tbsp sherry dry
- ☐ 50 g breadcrumbs fresh
- ☐ 300 g ground pork
- ☐ 1 egg yolk
- ☐ 50 ml olive oil for frying

- ☐ 300 g sausage whole mini cut into bite-size pieces
- ☐ 300 g squid rings cleaned cut into rings
- ☐ 100 ml wine
- ☐ 300 g tomatoes chopped (tablespoon to a pulp using your fingers)
- ☐ 400 g clams
- ☐ 1 handful parsley roughly chopped
- ☐ 4 servings olive oil extra virgin extra-virgin for drizzling

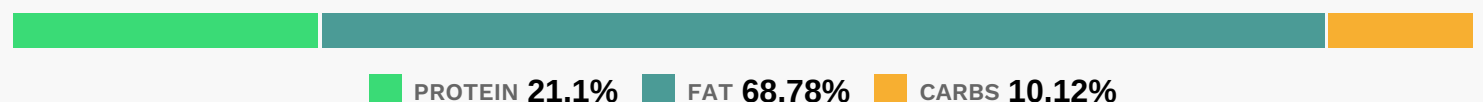
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt the butter in a heavy-based casserole, then soften the shallots for 5 mins.
- ☐ Add the paprika and crushed garlic and cook for 1 min until the paprika becomes fragrant. Splash in the sherry, then pour the whole lot into a bowl with the breadcrumbs. Season and cool.
- ☐ Add the pork mince and the egg yolk to the bowl, then beat well. Shape into 18 small meatballs. Wipe the pan, put on a medium-high heat, then add the oil. Fry the meatballs for 5 mins, just to colour, then lift onto a plate, but keep the oil in the pan. Sizzle the chorizo with the sliced garlic.
- ☐ Add the squid and fry to give a little colour. Now tip in the white wine and bring to the boil, scraping the bottom. Stir in the pulped tomatoes, bring to the boil, then add the meatballs and the clams. Cover and cook for 5 mins until the clam shells open. Discard any that stay shut.
- ☐ Sprinkle with the chopped parsley, drizzle with the extra virgin oil, then serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:2.04, Inflammation Score:-8, Nutrition Score:33.361304490463%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 818.83kcal (40.94%), Fat: 60.43g (92.97%), Saturated Fat: 18.87g (117.96%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 17.69g (6.43%), Sugar: 4.65g (5.17%), Cholesterol: 349.29mg (116.43%), Sodium: 703.5mg (30.59%), Alcohol: 3.38g (100%), Alcohol %: 1.02% (100%), Protein: 41.72g (83.43%), Selenium: 62.98µg (89.97%), Copper: 1.62mg (80.89%), Vitamin B12: 3.97µg (66.24%), Vitamin B1: 0.95mg (63.28%), Phosphorus: 508.38mg (50.84%), Vitamin B3: 9.9mg (49.49%), Vitamin B2: 0.69mg (40.68%), Vitamin B6: 0.77mg (38.6%), Zinc: 5.09mg (33.95%), Vitamin K: 34.47µg (32.83%), Vitamin E: 4.33mg (28.85%), Vitamin A: 1308.54IU (26.17%), Potassium: 913.39mg (26.1%), Vitamin C: 18.39mg (22.29%), Iron: 3.79mg (21.04%), Manganese: 0.39mg (19.67%), Magnesium: 75.5mg (18.88%), Vitamin B5: 1.78mg (17.78%), Folate: 48.92µg (12.23%), Calcium: 101.44mg (10.14%), Fiber: 2.32g (9.27%), Vitamin D: 1.22µg (8.12%)