



WHATSheATE

Spanish Style Albondigas in a Sunny Mediterranean Sauce

 Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



693 kcal

SAUCE

Ingredients

- ☐ 3.5 ounces bread crumbs fresh white
- ☐ 28 ounce canned tomatoes italian chopped canned
- ☐ 2 tablespoons carrots minced
- ☐ 2 tablespoons celery minced
- ☐ 1.5 teaspoons basil dried
- ☐ 1 tablespoon flat-leaf parsley fresh minced
- ☐ 1 clove garlic minced

- ☐ 2 tablespoons green onion minced
- ☐ 0.7 pound ground beef
- ☐ 0.3 teaspoon ground coriander
- ☐ 2 grinds ground pepper black
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 pound ground pork
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons onion minced
- ☐ 1.5 teaspoons oregano dried
- ☐ 2 tablespoons oregano fresh minced
- ☐ 3.5 ounces pancetta chopped
- ☐ 2 tablespoons bell pepper red minced
- ☐ 2 tablespoons tomato purée
- ☐ 1 cup white wine
- ☐ 2 dashes worcestershire sauce to taste

Equipment

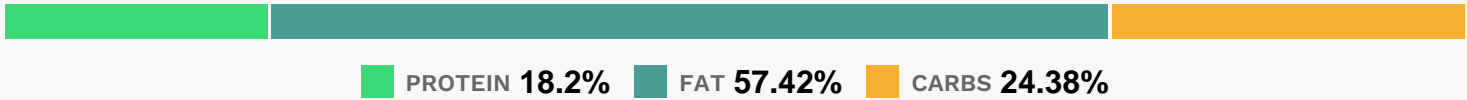
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Mix ground beef, ground pork, green onion, oregano, parsley, garlic, Worcestershire sauce, salt, and black pepper together in a bowl. Slowly add and mix breadcrumbs into meat mixture to desired consistency. Form mixture into balls, roll them in remaining bread crumbs to coat, and arrange onto a shallow tray. Cover meatballs with plastic wrap and refrigerate at least 30 minutes.

- ☐ Heat 2 tablespoons olive oil in a large pot over medium heat. Cook and stir pancetta in the hot oil until browned, about 4 minutes.
- ☐ Add onion and garlic to the pancetta; continue to cook and stir until fragrant, about 1 minute. Stir carrot, celery, and red bell pepper into the pancetta mixture; cook until the carrot softens slightly, about 3 minutes.
- ☐ Sprinkle basil, oregano, coriander, and black pepper over pancetta mixture; stir to season evenly.
- ☐ Pour wine over the pancetta mixture. Increase heat to medium-high and cook until the liquid reduces by about half.
- ☐ Quickly stir tomato puree into pancetta mixture; add chopped tomatoes. Cook and stir the mixture until the tomatoes begin to break down into a sauce, about 5 minutes. Reduce heat to low and simmer until the sauce thickens, 60 to 90 minutes.
- ☐ Heat 2 tablespoons oil in a large skillet over low heat. Cook and stir meatballs in batches in hot oil until evenly browned and cooked through, 5 to 7 minutes; drain on a plate lined with paper towel.
- ☐ Gently drop meatballs into the simmering sauce; cook together until meatballs are heated through, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:89.71, Glycemic Load:5.01, Inflammation Score:-10, Nutrition Score:33.969565344893%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 692.51kcal (34.63%), Fat: 42.12g (64.8%), Saturated Fat: 13.5g (84.38%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 32.84g (11.94%), Sugar: 12.43g (13.81%), Cholesterol: 97.26mg (32.42%), Sodium: 702.73mg (30.55%), Alcohol: 6.18g (100%), Alcohol %: 1.67% (100%), Protein: 30.05g (60.09%), Vitamin K: 70.91µg (67.53%), Vitamin B1: 0.79mg (52.97%), Vitamin B3: 10.44mg (52.21%), Manganese: 1.02mg (50.77%), Selenium: 33.6µg (47.99%), Vitamin B6: 0.91mg (45.56%), Iron: 7.85mg (43.59%), Vitamin A: 2071.9IU (41.44%), Zinc: 5.49mg (36.58%), Phosphorus: 357.15mg (35.72%), Vitamin B12: 2.09µg (34.89%), Vitamin C: 28.74mg (34.84%), Potassium: 1205.93mg (34.46%), Vitamin E: 4.88mg (32.55%), Fiber: 7.39g (29.57%), Copper: 0.58mg (28.93%), Vitamin B2: 0.48mg (28.23%), Magnesium: 98.09mg (24.52%), Calcium: 215.32mg (21.53%), Folate: 79.9µg (19.98%), Vitamin B5: 1.63mg (16.27%), Vitamin D: 0.17µg (1.17%)