



The Ultimate Meatballs al Forno with Creamy Polenta

 Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



1368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 baguette
- ☐ 0.5 bunch basil
- ☐ 1 cup bread crumbs dried
- ☐ 3 tablespoons butter whole
- ☐ 0.5 pound chanterelles
- ☐ 1 quart chicken stock see
- ☐ 4 eggs

- ☐ 1 medium ball mozzarella cheese fresh
- ☐ 0.5 bunch parsley fresh
- ☐ 2 cloves garlic finely chopped
- ☐ 1.5 pounds ground beef sirloin
- ☐ 1.5 cups ground cornmeal finely
- ☐ 1.5 pounds ground pork
- ☐ 0.3 cup heavy cream
- ☐ 1.3 cups milk
- ☐ 0.5 cup olive oil extra-virgin for drizzling
- ☐ 0.3 cup parmesan freshly grated
- ☐ 0.5 cup parmesan freshly grated
- ☐ 0.3 cup ground pinenuts
- ☐ 1 pinch sea salt
- ☐ 6 servings sea salt and pepper black freshly ground
- ☐ 2 pints vine-ripened tomatoes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

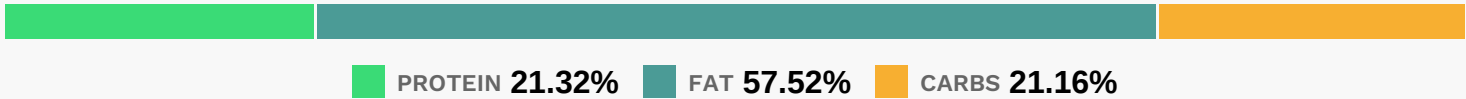
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Break the baguette in pieces and soak in a bowl with milk for 10 minutes until the bread is soft. In a second bowl mix the beef and pork together. Twist up half the parsley and the basil

into a little pile, roughly chop it and add to the meat.

- ☐ Add garlic and mix thoroughly with your hands. Squeeze the milk out of the bread and add it in small pieces.
- ☐ Add eggs, Parmesan, ground pinenuts, salt, and pepper and mix everything together thoroughly. Shape the meatballs into large patties then roll them in the bread crumbs.
- ☐ In a large skillet heat the olive oil over medium high heat until it begins to smoke slightly. Fry the meatballs to seal the crust, flip them over so both sides are done.
- ☐ Transfer to a large baking dish.
- ☐ Add a splash of oil to pan and fry the mushrooms on a low heat until they start to caramelize.
- ☐ Cut the tomatoes in 1/2 and hand-crush them into a separate bowl.
- ☐ Drizzle with olive oil.
- ☐ Add salt and a few cranks of fresh cracked pepper and mix.
- ☐ Add to the mushrooms.
- ☐ Let everything simmer together and reduce slightly for about 10 minutes.
- ☐ Pour the tomatoes and mushrooms over the meatballs. Shred the remaining basil and parsley and the mozzarella over it.
- ☐ Drizzle with olive oil and add a few cranks of pepper.
- ☐ Bake for 25 to 35 minutes.
- ☐ Serve with Creamy Polenta.
- ☐ In a large saucepan bring the chicken stock to a slow simmer. Quickly whisk the cornmeal into the stock and lower the temperature to keep it from splattering. Stir in the cream, Parmesan, butter, and salt. Turn off the heat and keep in a warm place until the meatballs are ready.

Nutrition Facts



Properties

Glycemic Index:85.21, Glycemic Load:27.17, Inflammation Score:-9, Nutrition Score:58.906087129012%

Flavonoids

Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 10.25mg, Apigenin: 10.25mg, Apigenin: 10.25mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 1367.76kcal (68.39%), Fat: 87.08g (133.97%), Saturated Fat: 34.54g (215.88%), Carbohydrates: 72.05g (24.02%), Net Carbohydrates: 63.24g (23%), Sugar: 13.45g (14.94%), Cholesterol: 346.62mg (115.54%), Sodium: 1193.05mg (51.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.62g (145.24%), Selenium: 79.47µg (113.53%), Vitamin K: 105.89µg (100.85%), Phosphorus: 1003.42mg (100.34%), Vitamin B1: 1.51mg (100.34%), Vitamin B3: 18.37mg (91.85%), Zinc: 12.26mg (81.76%), Vitamin B12: 4.86µg (80.93%), Manganese: 1.56mg (77.83%), Vitamin B2: 1.25mg (73.69%), Vitamin B6: 1.45mg (72.63%), Calcium: 556.28mg (55.63%), Vitamin A: 2678.35IU (53.57%), Iron: 9.61mg (53.41%), Potassium: 1797.81mg (51.37%), Magnesium: 170.62mg (42.66%), Copper: 0.74mg (37.15%), Vitamin C: 29.59mg (35.86%), Fiber: 8.8g (35.22%), Folate: 129.15µg (32.29%), Vitamin B5: 3.12mg (31.21%), Vitamin D: 3.63µg (24.23%), Vitamin E: 3.53mg (23.55%)