



Two Meatballs in One

READY IN



110 min.

SERVINGS



8

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon basil dried sweet
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 eggs
- ☐ 3 cloves garlic minced
- ☐ 2 teaspoons sea salt
- ☐ 2.3 pounds ground beef
- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 cup italian-seasoned bread crumbs
- ☐ 1 teaspoon penzey's southwest seasoning italian

- ☐ 0.3 cup catsup
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 pork sausage sweet italian
- ☐ 0.5 onion sweet minced
- ☐ 2 teaspoons sugar white
- ☐ 2 tablespoons worcestershire sauce

Equipment

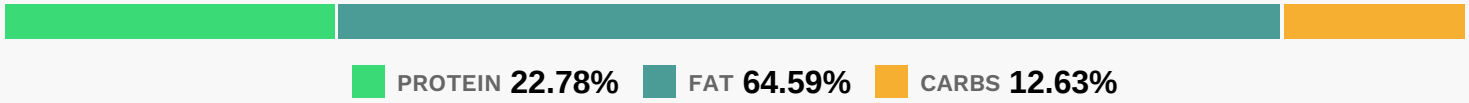
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ ice cream scoop
- ☐ slotted spoon

Directions

- ☐ Form pork sausage into small 1/2-inch meatballs using a small scoop. Fill a skillet with enough water to make a 1-inch depth; bring to a boil, reduce heat to medium-low, and simmer. Cook meatballs in the simmering water until cooked through, about 15 minutes.
- ☐ Remove meatballs with a slotted spoon and cool on a paper towel-lined plate.
- ☐ Drain water.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix ground beef, bread crumbs, ketchup, Parmesan cheese, Worcestershire sauce, egg, granulated garlic, and 1 teaspoon black pepper in a large bowl. Scoop ground beef mixture into about 1-inch portions using an ice cream scooper; form each portion around 1 small pork meatball to cover completely. Arrange double meatballs on a baking sheet.

- ☐
- Bake in the preheated oven until meatballs are browned and partially cooked, about 25 minutes.
- ☐
- Heat olive oil in a pot over medium heat; cook and stir onion and garlic in the hot oil until onion is softened, about 10 minutes.
- ☐
- Add crushed tomatoes, diced tomatoes, sugar, Italian seasoning, 1 teaspoon black pepper, basil, and lemon juice; bring to a boil. Reduce heat and simmer sauce for 20 minutes.
- ☐
- Add meatballs to sauce and simmer, stirring gently, until meatballs are fully cooked, about 20 more minutes.

Nutrition Facts



Properties

Glycemic Index:26.01, Glycemic Load:2.89, Inflammation Score:-5, Nutrition Score:23.148695614027%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 619.74kcal (30.99%), Fat: 44.4g (68.31%), Saturated Fat: 15.81g (98.83%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 16.78g (6.1%), Sugar: 8.93g (9.92%), Cholesterol: 154.51mg (51.5%), Sodium: 864.27mg (37.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.24g (70.48%), Vitamin B12: 3.33µg (55.46%), Vitamin B3: 9.93mg (49.64%), Zinc: 7.24mg (48.25%), Vitamin B6: 0.83mg (41.4%), Phosphorus: 369.44mg (36.94%), Selenium: 24.91µg (35.59%), Iron: 5.42mg (30.12%), Potassium: 907.58mg (25.93%), Vitamin B1: 0.38mg (25.23%), Vitamin B2: 0.4mg (23.74%), Manganese: 0.38mg (18.75%), Copper: 0.36mg (18.02%), Vitamin E: 2.39mg (15.96%), Magnesium: 60.46mg (15.11%), Vitamin K: 15.74µg (14.99%), Vitamin B5: 1.48mg (14.79%), Vitamin C: 12.07mg (14.63%), Calcium: 125.12mg (12.51%), Fiber: 2.75g (10.99%), Folate: 41.14µg (10.29%), Vitamin A: 375.16IU (7.5%), Vitamin D: 0.99µg (6.58%)