



 **58%**
HEALTH SCORE

Veal and Pork Meatballs with Mushroom Gravy and Egg Noodles

READY IN



70 min.

SERVINGS



4

CALORIES



1659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 2 cups chicken stock see
- 8 ounces cremini mushrooms thinly sliced
- 4 cloves made into a paste grated
- 0.3 cup porcini mushrooms dried
- 1 pound egg tagliatelle
- 2 eggs lightly beaten
- 1 tablespoon evoo

- 4 servings evoo for drizzling
- 1 handful flat-leaf parsley leaves fresh finely chopped
- 1 tablespoon flour all-purpose
- 1 leaf flat parsley fresh finely chopped for garnish
- 2 tablespoons thyme leaves fresh finely chopped
- 2 cloves garlic finely chopped
- 1.3 pounds ground pork
- 1.3 pounds ground veal
- 0.5 cup heavy cream
- 4 servings kosher salt and pepper freshly ground
- 0.5 cup plum brandy dry white
- 4 servings nutmeg freshly grated
- 1 cup parmigiano-reggiano grated
- 1 shallots finely chopped
- 2 slices bread white trimmed
- 1 cup milk whole

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- ladle
- oven
- wooden spoon

Directions

- Preheat the oven to 400 degrees F.
- For the meatballs: Soak the bread in the milk in a small bowl.

- Put the pork and veal in a large bowl. Squeeze the liquid from the bread and mash it into small crumbs between your fingers as you add it to the bowl.
- Add the Parmigiano-Reggiano, garlic, eggs, parsley, a healthy drizzle of EVOO and some salt, pepper and nutmeg and mix gently to combine.
- Keep a bowl of warm water on hand for rolling the meatballs.
- Place wire racks over 2 rimmed baking sheets.
- Roll the meat mixture into 1 1/2-inch balls, moistening your hands as needed, and place on the racks (24 meatballs balls per rack).
- Bake until cooked through, 18 to 20 minutes.
- For the mushroom gravy: Bring the stock to a simmer in a small saucepan.
- Add the dried mushrooms and simmer until soft.
- Meanwhile, heat the butter and EVOO in a saucepan over medium to medium-high heat.
- Add the fresh mushrooms and cook until browned, 12 to 15 minutes.
- Add the thyme, garlic and shallots. Season with salt and pepper and cook, stirring, 2 to 3 minutes more.
- Add the flour and cook, stirring, for 1 minute. Deglaze the pan with Marsala, stirring and scraping up any browned bits from the bottom of the pan with a wooden spoon. Chop the reconstituted mushrooms and add to the gravy.
- Pour in most of the stock, reserving the last few spoonfuls, as grit may settle here. Stir in the cream and cook until the gravy thickens a bit.
- Add half the meatballs to the gravy. (Reserve the remaining meatballs for another meal, such as Stuffed Peppers with Broken Meatballs and Rice.)
- Cook the noodles in salted boiling water until al dente.
- Drain the noodles and divide among plates. Top with the gravy and meatballs, and garnish with parsley.
- Cook's Note: The meatballs and gravy can be covered and refrigerated for a make-ahead meal. Reheat, covered, over medium heat while you cook the pasta.
- Add a ladle of the starchy cooking water to the gravy if needed to thin.

Nutrition Facts



■ PROTEIN 21.78% ■ FAT 52.32% ■ CARBS 25.9%

Properties

Glycemic Index:155.94, Glycemic Load:41.84, Inflammation Score:-10, Nutrition Score:55.710869415947%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.8mg, Apigenin: 2.8mg, Apigenin: 2.8mg, Apigenin: 2.8mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1658.79kcal (82.94%), Fat: 94.77g (145.81%), Saturated Fat: 38.08g (238%), Carbohydrates: 105.56g (35.19%), Net Carbohydrates: 99.7g (36.26%), Sugar: 11.24g (12.49%), Cholesterol: 479.5mg (159.83%), Sodium: 1220.06mg (53.05%), Alcohol: 3.09g (100%), Alcohol %: 0.49% (100%), Protein: 88.79g (177.58%), Selenium: 172.39µg (246.27%), Phosphorus: 1251mg (125.1%), Vitamin B3: 24.51mg (122.53%), Vitamin B1: 1.6mg (106.74%), Vitamin B2: 1.62mg (95%), Vitamin B6: 1.72mg (85.78%), Zinc: 12.21mg (81.39%), Manganese: 1.43mg (71.64%), Vitamin B12: 4.17µg (69.48%), Vitamin B5: 5.98mg (59.75%), Calcium: 555.13mg (55.51%), Copper: 1.1mg (54.85%), Potassium: 1814.89mg (51.85%), Magnesium: 181.03mg (45.26%), Iron: 7.27mg (40.4%), Vitamin K: 34.72µg (33.07%), Folate: 119.98µg (30%), Vitamin A: 1471.42IU (29.43%), Vitamin E: 4.23mg (28.17%), Fiber: 5.85g (23.42%), Vitamin D: 2.18µg (14.51%), Vitamin C: 9.77mg (11.84%)