

# Veal and Ricotta Meatballs: Polpettine di Ricotta e Vitello

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings basil leaves for garnish
- 56 ounce tomatoes whole crushed peeled canned
- 0.5 medium carrots shredded finely
- 1 eggs beaten
- 0.3 cup olive oil extra virgin
- 1 cup olive oil extra virgin for frying
- 3 tablespoons thyme leaves dried fresh chopped

- 4 garlic cloves peeled thinly sliced
- 9 servings gratings nutmeg
- 1 onion spanish chopped
- 0.5 cup parmigiano-reggiano freshly grated
- 1 cup ricotta cheese drained for 1 hour
- 4 servings salt to taste
- 4 servings salt and pepper black to taste
- 0.5 pound veal shoulder finely

## Equipment

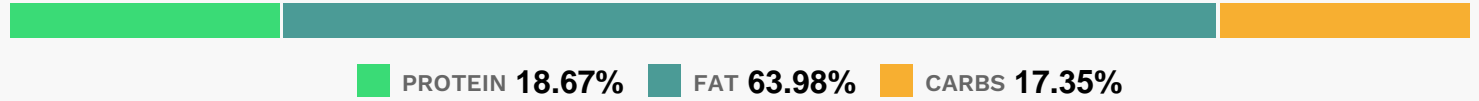
- food processor
- bowl
- frying pan
- sauce pan
- slotted spoon

## Directions

- In the bowl of a food processor, combine the veal, cheese, egg, Parmigiano, nutmeg, salt and pepper. When the mixture is well-blended, shape it into several balls 1-inch diameter. Lightly dust each ball with the flour.
- In a large, heavy-bottomed skillet with fairly high sides, heat the oil over high heat until just smoking.
- Add the balls, a few at a time, and cook until they are uniformly golden brown.
- Remove with a spider or slotted spoon and keep warm while the remaining meatballs are cooked.
- Meanwhile, in a small saucepan, heat the tomato sauce over high heat until it begins to bubble. Keep hot while the meatballs cook.
- Serve the meatballs in the hot sauce, with the basil leaves sprinkled over as garnish.
- In a 3-quart saucepan, heat the olive oil over medium heat.
- Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.

- Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

## Nutrition Facts



### Properties

Glycemic Index:85.71, Glycemic Load:2.87, Inflammation Score:-10, Nutrition Score:30.363478080086%

### Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

### Nutrients (% of daily need)

Calories: 584.52kcal (29.23%), Fat: 42.77g (65.8%), Saturated Fat: 13.75g (85.97%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 19.67g (7.15%), Sugar: 12.6g (14%), Cholesterol: 127.53mg (42.51%), Sodium: 1278.21mg (55.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.17%), Vitamin C: 49.23mg (59.68%), Vitamin A: 2531.46IU (50.63%), Calcium: 461.88mg (46.19%), Vitamin E: 6.63mg (44.21%), Phosphorus: 428.5mg (42.85%), Vitamin B6: 0.84mg (41.95%), Vitamin B3: 7.49mg (37.43%), Vitamin B2: 0.63mg (36.94%), Vitamin K: 36.53µg (34.79%), Iron: 6.24mg (34.66%), Manganese: 0.67mg (33.6%), Potassium: 1147.07mg (32.77%), Selenium: 20.82µg (29.74%), Fiber: 6.42g (25.66%), Zinc: 3.8mg (25.36%), Copper: 0.47mg (23.35%), Magnesium: 93.25mg (23.31%), Vitamin B12: 1.22µg (20.31%), Vitamin B1: 0.28mg (18.92%), Vitamin B5: 1.67mg (16.67%), Folate: 66.51µg (16.63%), Vitamin D: 0.41µg (2.71%)