



Veal and Sage Meatballs and Pasta with Gorgonzola-Walnut Sauce

READY IN



40 min.

SERVINGS



4

CALORIES



1373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups baby spinach cleaned trimmed 1 bunch
- ☐ 0.5 cup bread crumbs
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken stock see
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose

- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup gorgonzola crumbled
- ☐ 4 servings ground pepper black
- ☐ 1 pound ground veal
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 0.3 cup parmigiano-reggiano grated
- ☐ 1 pound gemelli pasta
- ☐ 6 to 8 sage leaves finely chopped
- ☐ 4 servings salt
- ☐ 0.8 cup walnuts divided chopped

Equipment

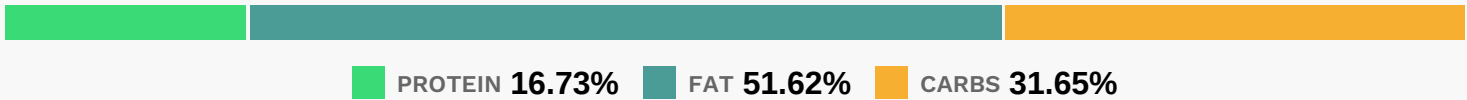
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Place water on to boil for pasta. When it comes to a boil, salt the water and cook pasta to al dente.
- ☐ Drain.
- ☐ While pasta is working, place veal in a mixing bowl and add to it the egg, garlic, sage, bread crumbs, cheese, nutmeg and salt and pepper, to taste.

- ☐ Drizzle a little extra-virgin olive oil into the bowl, mix and roll small 1-inch balls. Arrange balls in a single layer on a nonstick cookie sheet and bake 8 to 10 minutes in a hot oven until meat is golden and firm.
- ☐ Toast the walnuts and place them into a food processor. Grind the walnuts and reserve.
- ☐ In a deep skillet over medium heat melt butter.
- ☐ Whisk flour into butter and cook a minute then whisk in wine and reduce by half.
- ☐ Whisk in stock, when it bubbles and begins to reduce, stir in the cream and reduce heat to medium low. Simmer to thicken the sauce a bit, 2 to 3 minutes, melt in the Gorgonzola and stir in the ground walnuts then season the sauce with pepper, to taste, and maybe a pinch of salt.
- ☐ Shred the greens into thin strips.
- ☐ Toss the pasta with the sauce.
- ☐ Serve pasta garnished and topped with a generous mound of greens to mix in as you are eating.

Nutrition Facts



Properties

Glycemic Index:105, Glycemic Load:37.07, Inflammation Score:-10, Nutrition Score:46.756956473641%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 1373.42kcal (68.67%), Fat: 77.77g (119.65%), Saturated Fat: 31.44g (196.53%), Carbohydrates: 107.31g (35.77%), Net Carbohydrates: 100.92g (36.7%), Sugar: 7.82g (8.69%), Cholesterol: 244.85mg (81.62%), Sodium: 1033.64mg (44.94%), Alcohol: 3.09g (100%), Alcohol %: 0.77% (100%), Protein: 56.71g (113.41%), Selenium: 99.6µg (142.29%), Vitamin K: 122.39µg (116.56%), Manganese: 2.26mg (113.15%), Phosphorus: 807.25mg (80.72%), Vitamin A: 3506.43IU (70.13%), Vitamin B3: 13.31mg (66.56%), Copper: 1.12mg (56.15%), Vitamin B2: 0.88mg (51.77%), Zinc:

7.5mg (50.02%), Vitamin B6: 0.97mg (48.53%), Magnesium: 168.46mg (42.11%), Calcium: 413.35mg (41.33%),
Vitamin B12: 2.22µg (36.94%), Folate: 143.58µg (35.9%), Vitamin B1: 0.5mg (33.3%), Potassium: 1108.74mg (31.68%),
Vitamin B5: 3.08mg (30.83%), Iron: 5.23mg (29.07%), Vitamin E: 3.99mg (26.62%), Fiber: 6.39g (25.56%), Vitamin
C: 7.56mg (9.16%), Vitamin D: 1.35µg (9.03%)