



Veal Meatballs with Braised Vegetables

 Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 lb carrots (6 medium)
- ☐ 1 large eggs
- ☐ 2 medium fennel bulb halved lengthwise cut lengthwise into 1/3-inch-thick slices (sometimes called anise; 2 lb total)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic clove chopped
- ☐ 1 lb ground veal
- ☐ 4 servings lemon wedges

- ☐ 20 fl. oz. chicken broth reduced-sodium
- ☐ 0.3 cup matzo meal
- ☐ 7 oz oil-cured olives green pitted (1 cup medium)
- ☐ 5 tablespoons olive oil for greasing pan
- ☐ 2.3 teaspoons potato flour
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon water

Equipment

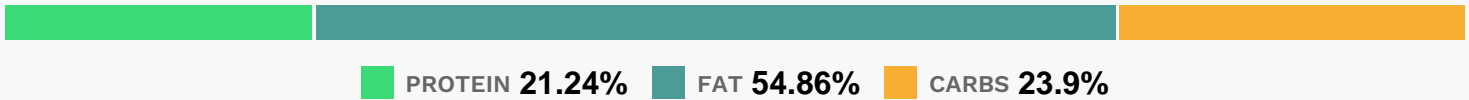
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula
- ☐ tongs

Directions

- ☐ Heat 1/2 cup broth until warm, then add matzo meal and soak 10 minutes.
- ☐ While matzo soaks, chop enough olives to measure 1/3 cup, then quarter remainder and set aside. Pulse soaked matzo and chopped olives in a food processor along with garlic, egg, 1/4 teaspoon salt, and 1/4 teaspoon pepper until olives and garlic are finely chopped and egg is incorporated.
- ☐ Add 1/4 cup parsley and pulse until parsley is finely chopped.
- ☐ Transfer matzo mixture to a bowl and add veal, mixing gently with your hands until combined. Chill, covered, 30 minutes.

- ☐ Preheat broiler. Line a 15- by 10-inch shallow baking pan or baking sheet with foil, and brush foil with oil. Using wet hands, form veal mixture into 1 1/2-inch balls, arranging in 1 layer as formed in baking pan.
- ☐ Broil meatballs 4 to 6 inches from heat, turning once with a spatula and tongs, until browned, about 10 minutes total.
- ☐ While meatballs are broiling, heat 3 tablespoons oil in a 12-inch heavy skillet (2 to 3 inches deep) over moderately high heat until hot but not smoking. Brown fennel in 2 batches, turning occasionally, 5 to 7 minutes per batch.
- ☐ Transfer to a plate, then brown carrots in remaining 2 tablespoons oil in skillet, stirring occasionally, 5 to 7 minutes.
- ☐ Return fennel to skillet and add meatballs, remaining 2 cups chicken broth, and remaining 1/4 teaspoon each of salt and pepper. Simmer, covered, until vegetables are tender, about 20 minutes.
- ☐ Whisk together water and potato starch in a small bowl. Stir into meatball mixture and boil, uncovered, until sauce is thickened slightly, about 2 minutes (sauce will continue to thicken off the heat).
- ☐ Remove from heat and sprinkle with remaining 2 tablespoons parsley and quartered olives. Season with salt.

Nutrition Facts



Properties

Glycemic Index:52.83, Glycemic Load:6.04, Inflammation Score:-10, Nutrition Score:34.076086868411%

Flavonoids

Eriodictyol: 1.48mg, Eriodictyol: 1.48mg, Eriodictyol: 1.48mg, Eriodictyol: 1.48mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 568.83kcal (28.44%), Fat: 35.57g (54.72%), Saturated Fat: 7.42g (46.38%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 25.76g (9.37%), Sugar: 10.63g (11.81%), Cholesterol: 139.49mg (46.5%), Sodium:

1362.38mg (59.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.98g (61.96%), Vitamin A: 19681.16IU (393.62%), Vitamin K: 161.68µg (153.98%), Vitamin B3: 13.08mg (65.39%), Vitamin E: 6.31mg (42.04%), Phosphorus: 416.78mg (41.68%), Potassium: 1425.75mg (40.74%), Vitamin B6: 0.77mg (38.67%), Fiber: 9.1g (36.41%), Vitamin B2: 0.55mg (32.64%), Vitamin C: 26.76mg (32.43%), Zinc: 4.45mg (29.68%), Vitamin B12: 1.78µg (29.64%), Manganese: 0.56mg (28.21%), Selenium: 18.95µg (27.08%), Vitamin B5: 2.36mg (23.56%), Copper: 0.42mg (20.98%), Folate: 83.4µg (20.85%), Iron: 3.68mg (20.45%), Magnesium: 75.6mg (18.9%), Vitamin B1: 0.25mg (16.49%), Calcium: 162.45mg (16.24%), Vitamin D: 0.25µg (1.67%)