

# **Veggie Balls**







ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

2 cups lentils

0.5 cup breadcrumbs
8 ounces mushrooms sliced
2 carrots chopped
2 celery stalks chopped
3 large eggs
0.5 cup parsley fresh chopped
1 tablespoon thyme sprigs fresh chopped
1 garlic clove minced

	0.3 cup olive oil	
	1 large onion chopped	
	0.5 cup parmesan cheese grated	
	2 teaspoons salt	
	3 tablespoons tomato paste	
	0.3 cup walnut pieces finely chopped	
Equipment		
	bowl	
	frying pan	
	oven	
	pot	
	baking pan	
Directions		
	Combine the lentils and 2 quarts water in a medium stockpot and bring to a boil over high heat. Reduce the heat to low and simmer until the lentils are soft (but not falling apart), about 25 minutes.	
	Drain the lentils and allow to cool.	
	Add 1/4 cup of the olive oil to a large frying pan and sauté the onions, carrots, celery, garlic, thyme, and salt over medium-high heat, stirring frequently, for about 10 minutes, until the vegetables are tender and just beginning to brown.	
	Add the tomato paste and continue to cook, stirring constantly, for 3 minutes.	
	Add the mushrooms and cook, stirring frequently, for 15 more minutes, or until all the liquid is absorbed.	
	Transfer the mixture to a large bowl and allow to cool to room temperature. When cool, add the lentils to the vegetable mixture.	
	Add the eggs, Parmesan, bread crumbs, parsley, and walnuts to the cooled vegetable mixture and mix by hand until thoroughly incorporated.	
	Place in the refrigerator for 25 minutes.	

	Preheat the oven to 400°F.	
	Drizzle the remaining 2 tablespoons olive oil into a 9×13-inch baking dish and use your hand to evenly coat the entire surface. Set aside.	
	Roll the mixture into round, golf ball-size meatballs (about 11/2 inches), making sure to pack the vegetable mixture firmly.	
	Place the balls in the prepared baking dish, allowing 1/4-inch of space between the balls and place them in even rows vertically and horizontally to form a grid.	
	Roast for 30 minutes, or until the meatballs are firm and cooked through.	
	Allow the meatballs to cool for 5 minutes in the baking dish before serving.	
Nutrition Facts		
	PROTEIN 21.52%  FAT 33.78%  CARBS 44.7%	

#### **Properties**

Glycemic Index:11.15, Glycemic Load:1.37, Inflammation Score:-7, Nutrition Score:7.6186956244966%

#### **Flavonoids**

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Apigenin: 2.17mg, Apigenin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

### Nutrients (% of daily need)

Calories: 96.17kcal (4.81%), Fat: 3.67g (5.65%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 6.47g (2.35%), Sugar: 1.18g (1.31%), Cholesterol: 20.05mg (6.68%), Sodium: 222.13mg (9.66%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.26g (10.52%), Vitamin K: 19.13µg (18.22%), Folate: 71.57µg (17.89%), Fiber: 4.46g (17.85%), Vitamin A: 847.01IU (16.94%), Manganese: 0.25mg (12.57%), Vitamin B1: 0.15mg (9.88%), Phosphorus: 96.29mg (9.63%), Iron: 1.4mg (7.78%), Selenium: 4.52µg (6.45%), Copper: 0.13mg (6.39%), Vitamin B2: 0.1mg (6.07%), Potassium: 208.72mg (5.96%), Zinc: 0.89mg (5.93%), Vitamin B6: 0.11mg (5.62%), Magnesium: 22.39mg (5.6%), Vitamin B5: 0.51mg (5.1%), Vitamin B3: 0.86mg (4.28%), Vitamin C: 3.44mg (4.17%), Calcium: 34.97mg (3.5%), Vitamin E: 0.5mg (3.31%), Vitamin B12: 0.08µg (1.27%)