



Veggie Balls

READY IN



45 min.

SERVINGS



30

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 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
- ☐ 2 cups lentils

- ☐ 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

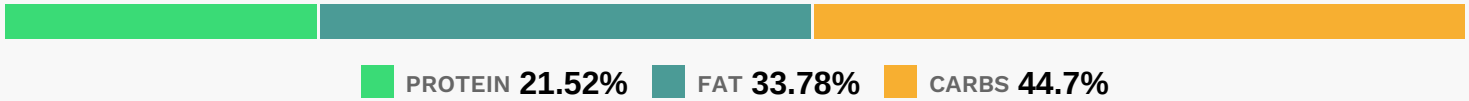
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

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 1 1/2 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



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 Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.25mg, 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 Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg 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: 0g (100%), Alcohol %: 0% (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%)