



Venison Meatballs in Dried Cherry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 bay leaves
- ☐ 5 peppercorns black
- ☐ 29 ounce beef broth canned
- ☐ 1 stalk celery chopped
- ☐ 9 ounce cherries dried
- ☐ 1 large eggs lightly beaten
- ☐ 1 egg whites lightly beaten

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 sprigs thyme sprigs fresh
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 3 cloves garlic minced
- ☐ 1.5 teaspoons ground allspice
- ☐ 1 pound ground beef
- ☐ 1 pound ground venison
- ☐ 1 cup merlot
- ☐ 0.3 cup onion minced
- ☐ 1 small onion chopped
- ☐ 2 teaspoons pepper freshly ground
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons tomato paste
- ☐ 3 tablespoons vegetable oil

Equipment

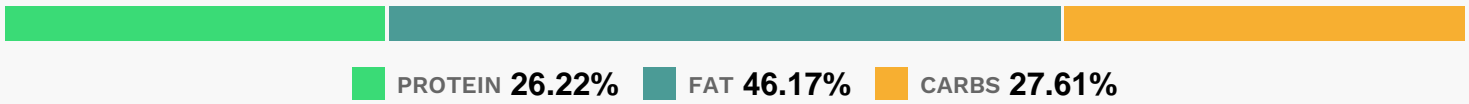
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Crumble ground venison and ground beef into bowl of a heavy-duty mixer; sprinkle with 2 teaspoons salt, pepper, and allspice.
- ☐ Add 1/4 cup onion and next 5 ingredients; mix thoroughly at low speed. Shape mixture into 1" meatballs.
- ☐ Heat oil in a large skillet over medium-high heat until hot.
- ☐ Add meatballs in batches, and cook until browned, turning often.

- ☐ Remove meatballs from skillet with a slotted spoon; set aside and keep warm.
- ☐ Cook chopped onion and celery in pan drippings until golden.
- ☐ Add chopped garlic; cook 30 seconds. Reduce heat to medium; stir in tomato paste. Cook until paste begins to brown. Stir in cherries and next 6 ingredients; cook over medium-high heat, scraping bits that cling to bottom of skillet. Bring mixture to a boil, and cook until liquid is reduced by about half.
- ☐ Add broth; return to a boil and cook 15 minutes or until liquid is reduced to 2 cups.
- ☐ Remove from heat; cool slightly, and discard bay leaf and thyme sprigs.
- ☐ Pour sauce into container of an electric blender; cover and process until smooth, stopping once to scrape down sides.
- ☐ Pour mixture back into skillet through a wire-meshstrainer.
- ☐ Add meatballs to cherry sauce. Bring sauce to a boil; reduce heat and cook, stirring occasionally, until meatballs are thoroughly heated.
- ☐ Transfer meatballs and sauce to a chafing dish.
- ☐ Serve warm with wooden picks.

Nutrition Facts



Properties

Glycemic Index:9.52, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:2.9469565237346%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 73.87kcal (3.69%), Fat: 3.57g (5.5%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 4.16g (1.51%), Sugar: 3.13g (3.48%), Cholesterol: 18.14mg (6.05%), Sodium: 184.07mg (8%), Alcohol: 0.52g (100%), Alcohol %: 1.21% (100%), Protein: 4.56g (9.13%), Vitamin B12: 0.4µg (6.68%), Vitamin B3: 1.12mg (5.6%), Zinc: 0.83mg (5.55%), Vitamin K: 5.07µg (4.83%), Vitamin A: 229.27IU (4.59%), Vitamin B6: 0.09mg (4.52%), Selenium: 3.04µg (4.34%), Phosphorus: 41.97mg (4.2%), Vitamin B1: 0.06mg (3.96%), Iron: 0.7mg (3.9%), Vitamin

B2: 0.06mg (3.36%), Potassium: 92.91mg (2.65%), Fiber: 0.65g (2.59%), Manganese: 0.04mg (1.99%), Magnesium: 6.05mg (1.51%), Vitamin B5: 0.14mg (1.45%), Copper: 0.03mg (1.39%), Calcium: 13.15mg (1.32%), Vitamin E: 0.2mg (1.3%), Vitamin C: 0.89mg (1.07%)