



Zesty Chicken Meatballs

READY IN



35 min.

SERVINGS



6

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons unseasoned bread crumbs whole-wheat
- ☐ 1 teaspoon brown sugar
- ☐ 1 pound collards roughly chopped
- ☐ 1 eggs
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 cloves garlic
- ☐ 3 cloves garlic minced
- ☐ 1 pound ground chicken
- ☐ 1 teaspoon hungarian hot

- ☐ 0.5 cup kalamata olives pitted
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 lemon zest
- ☐ 13 ounce pasta whole-wheat
- ☐ 1 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon oregano leaves fresh chopped
- ☐ 1.3 cups parmesan grated for garnish
- ☐ 0.3 cup pecans
- ☐ 1 tablespoon butter unsalted
- ☐ 2 teaspoons worcestershire sauce

Equipment

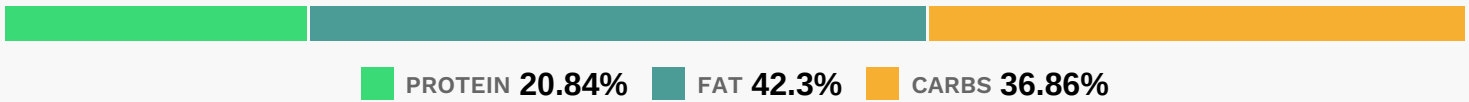
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl, gently mix the chicken, garlic, egg, bread crumbs, Worcestershire, paprika, onion powder, oregano, thyme, brown sugar, lemon zest, 2 healthy pinches of salt and a few grinds of pepper in a bowl. Form into mini meatballs, slightly smaller than a golf ball; it should make 28 to 30 meatballs. Warm the butter and oil in a large pan over medium-high heat.
- ☐ Transfer the meatballs to the pan and do not disturb for 3 minutes to brown well. Turn, cooking another 3 minutes without disturbing. Keep cooking until browned and cooked on all sides, but still juicy and plump with a spring to the touch.
- ☐ Transfer to a paper towel-lined plate to drain.

- ☐ Serve atop Collard Green Pesto Linguine, if desired.
- ☐ Bring a large pot of salted water to a boil over medium heat. Blanch collards until bright green, about 1 minute.
- ☐ Transfer immediately to an ice bath to shock, saving the boiling water for cooking the pasta.
- ☐ Remove the collards from the ice water and pat dry with paper towels before transferring them to a food processor.
- ☐ Add the linguine to the pot of salted boiling water and cook according to package instructions.
- ☐ Meanwhile, in a dry skillet, over low heat, toast the pecans until fragrant.
- ☐ Transfer to the food processor with Parmesan, olives and garlic. With food processor running, slowly drizzle in olive oil until pesto comes together. Taste for seasoning, and add salt and freshly ground black pepper, to taste.
- ☐ To serve, put enough pesto to coat the pasta into a large serving bowl.
- ☐ Drain the pasta and quickly add it to the bowl. The water still clinging to the pasta will loosen up the pesto. Toss to coat.
- ☐ Add more pesto, if needed.
- ☐ Transfer the pasta to a serving bowl and garnish with Parmesan sprinkled over the top.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:18.95, Inflammation Score:-10, Nutrition Score:34.281304489011%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 6.61mg, Kaempferol: 6.61mg, Kaempferol: 6.61mg, Kaempferol: 6.61mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 626.06kcal (31.3%), Fat: 29.97g (46.11%), Saturated Fat: 8.62g (53.87%), Carbohydrates: 58.77g (19.59%), Net Carbohydrates: 51.86g (18.86%), Sugar: 3.56g (3.95%), Cholesterol: 111.48mg (37.16%), Sodium: 636.02mg (27.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.22g (66.45%), Vitamin K: 340.19µg (323.99%), Vitamin A: 4329.57IU (86.59%), Selenium: 55.2µg (78.86%), Manganese: 1.37mg (68.3%), Calcium: 474.08mg (47.41%), Phosphorus: 450.28mg (45.03%), Vitamin C: 32.02mg (38.81%), Vitamin B6: 0.69mg (34.65%), Vitamin B3: 6.07mg (30.33%), Folate: 117.64µg (29.41%), Vitamin E: 4.18mg (27.88%), Fiber: 6.91g (27.65%), Vitamin B2: 0.44mg (26.17%), Potassium: 796.23mg (22.75%), Magnesium: 90.17mg (22.54%), Zinc: 3.09mg (20.61%), Copper: 0.36mg (18.19%), Iron: 3.22mg (17.87%), Vitamin B5: 1.58mg (15.79%), Vitamin B1: 0.23mg (15.34%), Vitamin B12: 0.74µg (12.38%), Vitamin D: 0.29µg (1.91%)