

Pork-Chipotle Meatballs

Sarah DiGregorio

Parade Magazine - January 19, 2014

Yield: 14 meatballs

*1 pound ground pork
1/2 pound fresh (raw) chorizo,
casings removed
1 1/4 cups smoked gouda cheese,
grated
1 large beaten egg
1/2 cup plain dry bread crumbs
1 chipotle chile canned in adobo,
minced
1 tablespoon adobo sauce
1/2 teaspoon Kosher salt*

Bake: 25 minutes

Preheat the oven to 425 degrees.

In a bowl, combine all of the ingredients.

Mix gently with your hands until just blended.

Roll into golf-ball-size rounds. Place on parchment-lined baking sheets.

Roast until cooked through and golden, about 20 to 25 minutes.

Per Serving (excluding unknown items): 1815 Calories; 144g Fat (73.1% calories from fat); 114g Protein; 5g Carbohydrate; 2g Dietary Fiber; 479mg Cholesterol; 2680mg Sodium. Exchanges: 1/2 Grain(Starch); 16 Lean Meat; 0 Vegetable; 19 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	1815
% Calories from Fat:	73.1%
% Calories from Carbohydrates:	1.2%
% Calories from Protein:	25.7%
Total Fat (g):	144g
Saturated Fat (g):	62g
Monounsaturated Fat (g):	43g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	479mg
Carbohydrate (g):	5g
Dietary Fiber (g):	2g

Vitamin B6 (mg):	1.7mg
Vitamin B12 (mcg):	3.2mcg
Thiamin B1 (mg):	3.3mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	23mcg
Niacin (mg):	20mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
------------------------	-----

Protein (g): 114g
Sodium (mg): 2680mg
Potassium (mg): 1303mg
Calcium (mg): 64mg
Iron (mg): 4mg
Zinc (mg): 10mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 32IU
Vitamin A (r.e.): 9RE

Lean Meat: 16
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 19
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	1815	Calories from Fat: 1327
-----------------	------	-------------------------

% Daily Values*

Total Fat	144g	222%
Saturated Fat	62g	310%
Cholesterol	479mg	160%
Sodium	2680mg	112%
Total Carbohydrates	5g	2%
Dietary Fiber	2g	8%
Protein	114g	

Vitamin A	1%
Vitamin C	5%
Calcium	6%
Iron	22%

* Percent Daily Values are based on a 2000 calorie diet.