

# Best Gluten-Free Italian Meatball

Yield: 6 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-meatball-recipe-without-tomato-sauce>

## Ingredients:

- 1 sweet onion small to medium
- 4 1/2 cloves garlic peeled, cut in half
- 1 carrot medium, peeled, cut into several pieces
- 1 pound ground beef organic grass fed, or buffalo- either works
- 1 pound ground pork organic
- 1/2 cup ketchup Annie's Naturals or Muir Glen Organic
- 1 tablespoon molasses organic, this helps bind the mixture
- 1 tablespoon balsamic vinegar
- 1/4 cup Italian parsley finely chopped fresh
- 7/16 cup gluten free herbed bread crumbs
- 1/4 teaspoon canela my secret ingredient
- 1 teaspoon fine sea salt
- 1 dash red pepper flakes for heat, if desired
- olive oil as needed

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 105 milligrams
4. Fat: 31 grams
5. Fiber: 1 grams
6. Protein: 37 grams
7. SaturatedFat: 11 grams
8. Sodium: 730 milligrams
9. Sugar: 10 grams
10. TransFat: 1 grams

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