

Spicy Italian pork meatballs

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pork-meatballs-recipe>

Ingredients:

- 2 1/4 pounds pork mince
- 1 cup bread crumbs
- 1/2 bunch parsley continental, chopped
- 1 teaspoon Italian herb seasoning
- 1 lemon zested
- salt
- pepper
- 4 tablespoons olive oil
- 4 1/4 cups tomato passata pasta sauce
- 1/2 cup sliced green olives
- 2 1/8 cups chicken stock
- 1 tablespoon chilli flakes optional
- 6 1/8 tablespoons tomato paste
- crusty bread Fresh
- 1 leaf salad
- shaved Parmesan cheese
- chopped fresh parsley

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 170 milligrams
4. Fat: 36 grams
5. Fiber: 10 grams
6. Protein: 68 grams
7. SaturatedFat: 8 grams
8. Sodium: 2200 milligrams
9. Sugar: 20 grams

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