

Walnut-Pecan Meatballs (Revamped)

Yield: 25 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/phrase-for-thanksgiving-recipe>

Ingredients:

- 1/2 tablespoon olive oil
- 1 cup red onion chopped, one medium-large onion
- 2 celery stalks leaves included, chopped
- 3 teaspoons Italian seasoning
- 1/2 teaspoon crushed red pepper flakes
- 2 cloves garlic minced
- 2 tablespoons red wine vinegar quick splash
- 1/4 teaspoon sea salt
- freshly ground black pepper
- 3/4 cup pecans
- 1/2 cup walnuts
- 1 cup oats
- 1/4 cup fresh basil
- 2 tablespoons fresh parsley
- 1 tablespoon vital wheat gluten can be omitted, but the balls will not be as firm. Is it bad that I laughed typing that phrase? Yes...
- 1 tablespoon low sodium tamari
- 1/2 tablespoon vegan Worcestershire sauce optional
- 3/4 cup bread crumbs preferably panko, as they are the crispiest

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 8 grams
3. Fat: 6 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams

7. Sodium: 50 milligrams

8. Sugar: 1 grams

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