

Chicken Meatballs with Cranberry-Orange Glaze

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	3.72 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1	1 1/2 pt	1 lb 13.17 oz	0%	1 lb 13.17 oz	Cranberry sauce, whole, canned, OCEAN SPRAY
	~ 1 1/2 cup	1 lb 1.36 oz	0%	1 lb 1.36 oz	Syrups, maple
	~ 1/2 cup	0 lb 5.88 oz	0%	0 lb 5.88 oz	Marmalade, orange
	6 1/4 tbsp	0 lb 3.12 oz	0%	0 lb 3.12 oz	Mustard, dijon
	~ 1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, kosher, Diamond Crystal
	~ 1 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz	Lemon zest

CRANBERRY-ORANGE SAUCE

To make the sauce: Combine the first 6 ingredients and bring to a boil. Reduce heat to low and simmer for 15 minutes, or until cranberries are mostly broken down.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
2	~ 1 1/3 cup	0 lb 6.25 oz	0%	0 lb 6.25 oz	Onion, diced
					<i>Caramelize onions without salt</i>
	1 3/4 tbsp	0 lb 0.52 oz	0%	0 lb 0.52 oz	Garlic, raw
	3 1/3 tbsp	0 lb 0.38 oz	0%	0 lb 0.38 oz	Parsley, fresh
	~ 3 tbsp	0 lb 0.21 oz	0%	0 lb 0.21 oz	Rosemary, fresh

CHICKEN MEATBALLS

Meanwhile, make the meatballs: Preheat the oven to 400F. Strain the caramelized onions through a fine-mesh sieve and add to a food processor with the garlic, parsley, and rosemary. Process to a smooth paste.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
3		1 lb 9.00 oz	0%	1 lb 9.00 oz	Hungry Planet Chicken™
	~ 2/3 cup	0 lb 2.40 oz	0%	0 lb 2.40 oz	Bread crumbs, Panko
	~ 1/3 cup	0 lb 1.46 oz	0%	0 lb 1.46 oz	Vegan parmesan, dry, grated
	~ 1 2/3 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz	Salt, kosher, Diamond Crystal
	~ 3/4 tsp	0 lb 0.06 oz	0%	0 lb 0.06 oz	Spices, black pepper, ground

Transfer the onion paste to a bowl and add the Hungry Planet chicken, breadcrumbs, vegan parmesan, salt, and pepper. Mix until homogeneous.

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Shape the mixture into meatballs and place on a lightly oiled baking sheet.

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Bake for 10 minutes. Flip meatballs. Bake for another 10 minutes.

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Remove from the oven and add to the simmering cranberry-orange sauce.

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Simmer the meatballs, covered, in the sauce for at least 10 minutes, agitating the meatballs occasionally.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
8	~ 1/2 cup	0 lb 0.94 oz	0%	0 lb 0.94 oz	Parsley, Italian, fresh, chopped

Garnish with parsley when serving.

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	5 lb 13.08 oz	0 %	5 lb 13.08 oz	0 %	5 lb 13.08 oz
Size of portion	3.72 oz		3.72 oz		3.72 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives	Amount	% of energy	Calories	Minerals		
				Amount	Amount	
Total fat	1.43 g	7.73 %	163.57 kcal	Salt	0.63 g	
Saturated	0.30 g	1.62 %	684.41 kJ	Salt	0.63 %	
Monounsaturated	0.04 g	0.21 %	0.68 MJ	Sodium	251.33 mg	
Polyunsaturated	0.07 g	0.40 %		Phosphorus	10.01 mg	
Trans	0.00 g	0.00 %		Potassium	149.58 mg	
Cholesterol	0.00 mg			Iron	0.80 mg	
Linolenic acid	0.06 g			Calcium	44.64 mg	
Alpha-linolenic acid	0.10 mg			Zinc	0.36 mg	
Total Carbohydrate	34.32 g	85.24 %		Magnesium	7.63 mg	
Sugars	25.34 g	-3.70 %		Iodine	0.00 µg	
Sugar	0.00 g			Selenium	0.92 µg	
Lactose	0.00 g			Copper	0.03 mg	
Fiber	1.48 g	1.73 %			Vitamin K	23.44 µg
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				
Starch	1.54 g	3.81 %			Others	
Protein	4.81 g	11.96 %			Water	34.47 g
Alcohol	0.00 g	0.00 %				