



Algerian Kefta (Meatballs)

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



57 kcal

SIDE DISH

Ingredients

- 1 teaspoon parsley dried
- 4 cloves garlic divided minced
- 1 pound ground beef lean
- 0.3 cup onion divided finely chopped
- 3 roma tomatoes diced (plum)
- 12 servings salt and pepper to taste
- 0.5 cup water

Equipment

frying pan

Directions

- Combine the ground beef with half of the minced garlic and a tablespoon of chopped onion.
- Mix with your hands until fully incorporated. Shape the meat mixture into 1 1/2-inch oblong patties; you should have 12 to 14 meatballs.
- Heat a skillet over medium-high heat. Brown the patties in batches until they are crispy on both sides and are no longer pink in the center, about 10 minutes. Set the meatballs aside in a rimmed serving dish and repeat with the remaining patties.
- Reduce the heat to medium and stir in the remaining chopped onion.
- Add salt and pepper. Cook the onions in the drippings, stirring constantly, until the onion has softened and turned translucent, about 5 minutes. Stir in the remaining half of the garlic and cook for 30 seconds.
- Stir in the roma tomatoes, dried parsley, ras el hanout, and water. Cook until the tomatoes are soft, about 5 minutes.
- Pour the tomato sauce over the meatballs and serve.

Nutrition Facts

 **PROTEIN 59.84%** **FAT 31.19%** **CARBS 8.97%**

Properties

Glycemic Index:7.92, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:4.4486956414969%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 57.42kcal (2.87%), Fat: 1.93g (2.97%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.56g (0.62%), Cholesterol: 23.44mg (7.81%), Sodium: 220.35mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.66%), Vitamin B12: 0.85µg (14.11%), Zinc: 1.97mg (13.13%), Vitamin B3: 2.18mg (10.9%), Selenium: 6.74µg (9.62%), Vitamin B6: 0.18mg (8.85%), Phosphorus: 81.1mg

(8.11%), Iron: 0.97mg (5.38%), Potassium: 176.66mg (5.05%), Vitamin B2: 0.07mg (3.88%), Vitamin C: 2.69mg (3.26%), Magnesium: 10.74mg (2.69%), Vitamin B5: 0.27mg (2.67%), Vitamin A: 129.43IU (2.59%), Copper: 0.04mg (2.22%), Manganese: 0.04mg (2.19%), Vitamin B1: 0.02mg (1.65%), Vitamin K: 1.48µg (1.41%), Vitamin E: 0.19mg (1.28%), Folate: 4.89µg (1.22%), Fiber: 0.27g (1.06%)