

Aromatic Lamb Meatballs

 Dairy Free

READY IN

ready

85 min.

SERVINGS

servings

78

CALORIES

calories

44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 eggs
- ☐ 1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound lamb
- ☐ 1 teaspoon salt
- ☐ 0.3 cup scallions finely chopped
- ☐ 3 tablespoons semolina

☐ 78 servings vegetable oil for frying

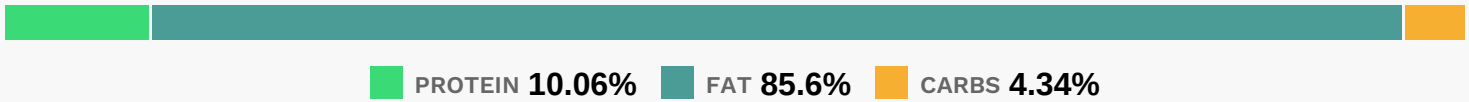
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ plastic wrap
- ☐ kitchen towels

Directions

- ☐ Put the lamb into a bowl and add the scallions.
- ☐ Sprinkle over the spices, salt, and semolina, and then beat the egg adding to the bowl. Work everything together thoroughly with your hands, and then cover with plastic wrap and leave in the refrigerator for half an hour.
- ☐ Line a baking sheet with plastic wrap and scoop out a scant teaspoon of the mixture.
- ☐ Roll in your hands to form the meatball and place on the lined baking sheet. Have a bowl of cold water beside you to dampen your hands with; this helps them not get too sticky for rolling the meatballs.
- ☐ When you are ready to cook them, heat about 1/2-inch of oil in a frying pan. Line another baking sheet with kitchen towel, and when the oil is hot, fry the meatballs in batches without overcrowding the pan. Cook them for about a minute a side, or until golden brown all over.

Nutrition Facts



Properties

Glycemic Index:1.42, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.0230434575806%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 44.3kcal (2.22%), Fat: 4.23g (6.51%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.01g (0.01%), Cholesterol: 6.34mg (2.11%), Sodium: 34.17mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin K: 6.03µg (5.74%), Selenium: 1.78µg (2.54%), Vitamin B12: 0.14µg (2.32%), Vitamin B3: 0.38mg (1.92%), Vitamin E: 0.25mg (1.67%), Zinc: 0.21mg (1.43%), Phosphorus: 11.3mg (1.13%), Vitamin B2: 0.02mg (1.08%)