



Curry-Scallion Meatballs (with Herbed Yogurt)

READY IN

ready

20 min.

SERVINGS

servings

25

CALORIES

calories

58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon curry powder
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 large eggs
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 tablespoons additional cilantro and 1 cup greek yogurt plain fresh for serving
- ☐ 1 pound ground pork
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup scallions minced

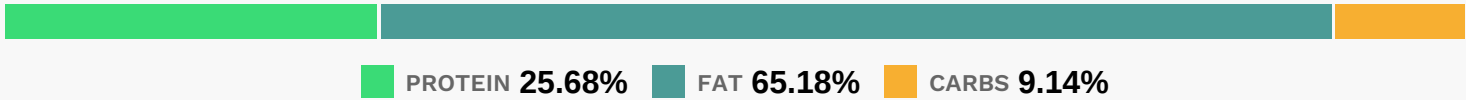
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Combine all ingredients, except serving ingredients, in a large bowl and mix until just combined. Moisten hands, and gently form mixture into 1-inch meatballs (you should have about 2
- ☐ and place on a baking sheet. (Meatballs can be made through this step up to 24 hours ahead and stored covered in the refrigerator; let come to room temperature 10 minutes before baking.)
- ☐ Bake until meatballs are no longer pink and are cooked through, about 15 minutes. Meanwhile, mix together finely chopped cilantro and yogurt, and season with salt, as desired. (Meatballs can be cooked through this step up to 30 minutes ahead and kept in a warm oven until ready to serve.)
- ☐ Skewer meatballs with toothpicks and serve with yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:2.76, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.4291304699753%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 58.11kcal (2.91%), Fat: 4.15g (6.39%), Saturated Fat: 1.51g (9.47%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.17g (0.18%), Cholesterol: 20.56mg (6.85%), Sodium: 117.29mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin B1: 0.15mg (9.93%), Selenium: 5.61µg (8.01%), Vitamin B3: 0.9mg (4.5%), Phosphorus: 40.94mg (4.09%), Vitamin B6: 0.08mg (3.94%), Vitamin B2: 0.06mg (3.68%), Zinc: 0.47mg (3.11%), Vitamin B12: 0.16µg (2.64%), Vitamin K: 2.51µg (2.39%), Iron: 0.35mg (1.96%), Potassium: 66mg (1.89%), Vitamin B5: 0.16mg (1.65%), Manganese: 0.03mg (1.4%), Magnesium: 5.26mg (1.31%), Folate: 4.5µg (1.13%)