



Greek Meatballs and Tzatziki

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

813 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pinches cinnamon
- ☐ 0.5 cucumber seedless
- ☐ 1 large eggs
- ☐ 3 tablespoons evoo
- ☐ 4 flat breads cut into wedges
- ☐ 0.3 cup optional: dill fresh
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 3 cloves garlic grated
- ☐ 1.5 cups greek yogurt

- ☐ 1 teaspoon ground cumin
- ☐ 1.5 pounds lamb
- ☐ 1 juice of lemon
- ☐ 4 servings kosher salt
- ☐ 0.3 cup milk
- ☐ 1 tablespoon oregano fresh finely chopped
- ☐ 4 servings pepper freshly ground
- ☐ 3 tablespoons onion red grated
- ☐ 2 slices bread white

Equipment

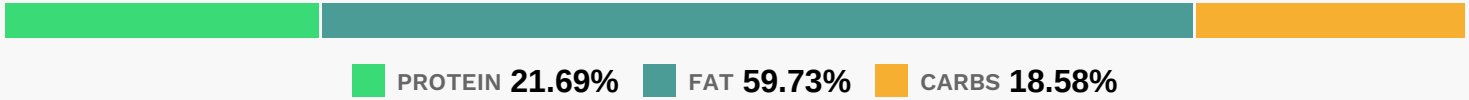
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ broiler
- ☐ ice cream scoop

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Place a cooling rack over 2 baking sheets for roasting the meatballs and toasting the pita.
- ☐ Soak the bread in the milk. Peel the cucumber and grate into a strainer. Salt it and let it drain for 20 minutes.
- ☐ Pour the EVOO into a bowl, then add the meat and sprinkle with salt and pepper. Squeeze out the bread and crumble between your fingers as you add it to the meat.

- ☐ Add the mint, onions, oregano, cinnamon, 2 of the garlic cloves, egg and 1/2 of the lemon juice, and mix to combine.
- ☐ Using a small ice cream scoop, form the meat mixture into about 24 balls and place on the baking sheet. Roast to golden brown, 15 to 18 minutes.
- ☐ Remove the meatballs from the oven and place the broiler on high. Char the pita under the broiler, 30 seconds to 1 minute on each side.
- ☐ Press the cucumber in the strainer to get out the excess water and add to a food processor. Then add the yogurt, dill, remaining 1 clove garlic, zest and remaining juice of the lemon. Season the sauce with cumin and salt and process until smooth.
- ☐ Serve the meatballs with the sauce and pitas.

Nutrition Facts



Properties

Glycemic Index:82.19, Glycemic Load:25.84, Inflammation Score:-9, Nutrition Score:28.42000003483%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 812.55kcal (40.63%), Fat: 53.51g (82.33%), Saturated Fat: 19.77g (123.55%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 34.75g (12.64%), Sugar: 5.13g (5.7%), Cholesterol: 176.25mg (58.75%), Sodium: 624.32mg (27.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.72g (87.44%), Vitamin B12: 4.65µg (77.46%), Selenium: 47.01µg (67.16%), Vitamin B3: 12.02mg (60.12%), Phosphorus: 486.16mg (48.62%), Zinc: 7.11mg (47.41%), Vitamin B2: 0.76mg (44.57%), Manganese: 0.64mg (31.86%), Iron: 5.29mg (29.4%), Vitamin B1: 0.42mg (27.79%), Vitamin K: 26.89µg (25.61%), Calcium: 252.49mg (25.25%), Potassium: 734.94mg (21%), Folate: 81.51µg (20.38%), Vitamin B6: 0.41mg (20.27%), Vitamin B5: 1.99mg (19.94%), Magnesium: 77.26mg (19.31%), Copper: 0.33mg (16.58%), Vitamin E: 2.31mg (15.4%), Fiber: 2.71g (10.85%), Vitamin C: 8.69mg (10.53%), Vitamin A: 511.33IU (10.23%), Vitamin D: 0.59µg (3.92%)