



Greek Meatballs With Lemon-Herb Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup carrots grated
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 cup italian-seasoned breadcrumbs
- ☐ 0.5 pound lamb lean
- ☐ 3.5 teaspoons olive oil extra-virgin divided
- ☐ 1 cup onion minced

- ☐ 0.5 teaspoon oregano fresh chopped
- ☐ 5 servings lemon-herb orzo
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water

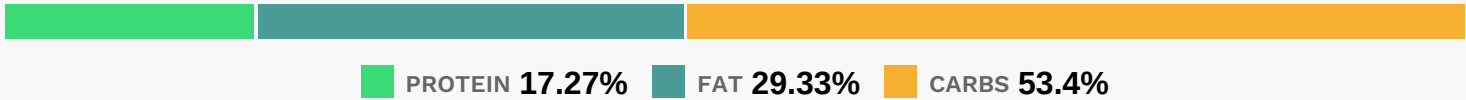
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 42
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add the onion, and saut 3 minutes.
- ☐ Combine the onion and the next 10 ingredients (onion through egg). Shape meat mixture into 30 (1 1/2-inch) meatballs, and place on a broiler pan coated with cooking spray.
- ☐ Bake at 425 for 20 minutes or until done.
- ☐ Combine the Lemon-Herb Orzo and meatballs in a large bowl.
- ☐ Drizzle each serving with 1/2 teaspoon olive oil.

Nutrition Facts



Properties

Glycemic Index:42.97, Glycemic Load:17.93, Inflammation Score:-8, Nutrition Score:17.225217741469%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 475.13kcal (23.76%), Fat: 15.4g (23.69%), Saturated Fat: 5.72g (35.73%), Carbohydrates: 63.08g (21.03%), Net Carbohydrates: 59.14g (21.51%), Sugar: 4.63g (5.14%), Cholesterol: 70.55mg (23.52%), Sodium: 498.48mg (21.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.81%), Selenium: 44.91µg (64.16%), Vitamin K: 64.35µg (61.29%), Manganese: 0.86mg (43.22%), Vitamin A: 1426.76IU (28.54%), Vitamin B1: 0.31mg (20.78%), Phosphorus: 185.43mg (18.54%), Iron: 3.13mg (17.4%), Fiber: 3.94g (15.75%), Folate: 55.75µg (13.94%), Vitamin B3: 2.6mg (13.02%), Copper: 0.26mg (13.02%), Magnesium: 48.85mg (12.21%), Vitamin B2: 0.2mg (11.65%), Vitamin B6: 0.22mg (10.97%), Vitamin C: 8.14mg (9.86%), Zinc: 1.4mg (9.33%), Calcium: 87.3mg (8.73%), Potassium: 290.8mg (8.31%), Vitamin B5: 0.63mg (6.3%), Vitamin E: 0.74mg (4.95%), Vitamin B12: 0.17µg (2.88%), Vitamin D: 0.2µg (1.33%)