



 **55%**
HEALTH SCORE

Greek Meatballs with Tzatziki and Orzo with Feta and Walnuts

READY IN



30 min.

SERVINGS



4

CALORIES



1396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pinches cinnamon
- 0.5 cucumber seedless
- 1 large eggs
- 3 tablespoons evoo
- 4 servings evoo for drizzling
- 0.5 pound greek feta cheese crumbled
- 4 flat breads cut into wedges
- 1 cup flat parsley finely chopped

- 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
- 1.5 cups orzo pasta
- 4 servings pepper freshly ground
- 3 tablespoons onion red grated
- 0.5 cup walnuts chopped
- 2 slices bread white

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- pot
- 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 and alongside the Orzo with Feta and Walnuts.
- Heat a medium pot of water to a boil. Salt the water and cook the orzo to al dente, 7 minutes. Toast the walnuts until fragrant in small pan over medium heat.
- Combine the orzo with the walnuts, parsley, feta and a drizzle of EVOO and season with pepper.

Nutrition Facts

■ PROTEIN **17.68%** ■ FAT **58.1%** ■ CARBS **24.22%**

Properties

Glycemic Index:112.44, Glycemic Load:43.67, Inflammation Score:-10, Nutrition Score:50.744347924772%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg 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: 32.49mg, Apigenin: 32.49mg, Apigenin: 32.49mg, Apigenin: 32.49mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin:

0.55mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 1396.3kcal (69.81%), Fat: 90.21g (138.78%), Saturated Fat: 30.31g (189.46%), Carbohydrates: 84.62g (28.21%), Net Carbohydrates: 78.63g (28.59%), Sugar: 7.14g (7.93%), Cholesterol: 226.71mg (75.57%), Sodium: 1283.04mg (55.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.78g (123.55%), Vitamin K: 282.79µg (269.32%), Selenium: 91.8µg (131.14%), Vitamin B12: 5.61µg (93.43%), Manganese: 1.69mg (84.61%), Phosphorus: 842.85mg (84.29%), Vitamin B2: 1.31mg (76.86%), Vitamin B3: 13.9mg (69.51%), Zinc: 10.15mg (67.67%), Calcium: 579mg (57.9%), Iron: 7.83mg (43.48%), Vitamin B1: 0.62mg (41.17%), Vitamin B6: 0.82mg (40.89%), Vitamin A: 2017.13IU (40.34%), Copper: 0.77mg (38.36%), Magnesium: 148.45mg (37.11%), Folate: 146.91µg (36.73%), Vitamin C: 28.83mg (34.94%), Vitamin E: 4.7mg (31.36%), Potassium: 1043.27mg (29.81%), Vitamin B5: 2.93mg (29.28%), Fiber: 5.99g (23.95%), Vitamin D: 0.81µg (5.43%)