



Grilled Lamb Meatballs

 Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons bulgur dry soft drained (30 minutes)
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1 eggs
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound lamb
- ☐ 1 teaspoon ground paprika

- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion grated drained
- ☐ 2 tablespoons parsley chopped

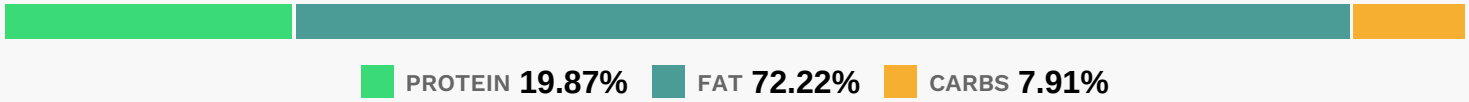
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Mix together everything but the oil with your hands. Form the mixture into ovals about the size and thickness of small hamburger patties.
- ☐ Put the meat on skewers (as shown) and brush it with the oil. Grill or broil the patties for about 4 to 5 minutes on each side.
- ☐ Serve with the dipping sauce (see above), if desired.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:2.06, Inflammation Score:-4, Nutrition Score:13.060000129368%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 349.27kcal (17.46%), Fat: 27.93g (42.97%), Saturated Fat: 10.33g (64.58%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 5.25g (1.91%), Sugar: 0.73g (0.81%), Cholesterol: 98.96mg (32.99%), Sodium: 534.95mg (23.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.58%), Vitamin B12: 2.17µg (36.23%), Vitamin K: 34.26µg (32.63%), Vitamin B3: 5.82mg (29.12%), Selenium: 20.19µg (28.85%), Zinc: 3.42mg (22.78%), Phosphorus:

188.06mg (18.81%), Vitamin B2: 0.25mg (14.77%), Manganese: 0.29mg (14.39%), Iron: 2.26mg (12.57%), Vitamin B6: 0.2mg (9.87%), Vitamin B1: 0.13mg (8.76%), Magnesium: 34.88mg (8.72%), Potassium: 291.82mg (8.34%), Vitamin B5: 0.83mg (8.31%), Vitamin E: 1.24mg (8.24%), Vitamin A: 397.21IU (7.94%), Copper: 0.14mg (6.95%), Folate: 27.56µg (6.89%), Fiber: 1.64g (6.54%), Vitamin C: 3.62mg (4.38%), Calcium: 35.09mg (3.51%), Vitamin D: 0.27µg (1.78%)