



Grilled Meatballs with Indian-Spiced Yogurt Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon ground pepper
- 2 tablespoons curly-leaf parsley minced
- 2 large eggs beaten
- 2 tablespoons olive oil extra virgin
- 2 medium cloves garlic minced
- 1 teaspoon ginger minced
- 2 pounds ground round

- 2 teaspoons ground cumin
- 2 teaspoons turmeric
- 1 tablespoon juice of lemon fresh
- 3 tablespoons soy sauce light
- 0.5 teaspoon pepper freshly ground
- 1 large onion red minced
- 1 teaspoon salt
- 24 servings salt and pepper freshly ground
- 1 pint yogurt

Equipment

- bowl
- baking sheet
- sieve
- broiler
- cheesecloth

Directions

- Meatballs
- Combine the ground beef, onion, garlic, soy sauce, eggs, ginger, salt, and pepper in the bowl.
- Mix the ingredients with your hands until they are well blended and hold together well.
- Preheat the broiler.
- Brush the baking sheet with 2 teaspoons of the oil. With your hands, form the meat mixture into 24 round balls and place them 1 1/2 inches apart on the baking sheet. (Each ball should weigh about 1/2 ounce.) Lightly moisten your hands before forming each ball to facilitate rolling.
- Brush the meatballs with the remaining oil and broil them, 4 inches from the heating element, 6 to 8 minutes, turning them once, until they are cooked through.
- Place the meatballs in a shallow bowl with the Indian-Spiced Yogurt Sauce on the side, or cut off the top of a small round loaf of bread, remove the insides, and spoon the meatballs into

the bread. Dust with chopped parsley for color.

- Indian Spiced Yogurt Sauce
- Line the strainer with the cheesecloth.
- Place it over a bowl and spoon the yogurt into the strainer. Allow the yogurt to drain in the refrigerator for 3 hours.
- Transfer the drained yogurt from the cheesecloth to the other bowl and blend in the garlic, lemon juice, oil, cumin, turmeric, and cayenne. Season to taste with salt and black pepper.
- Taste
- Book, using the USDA Nutrition Database
- From The Bride & Groom's Menu Cookbook by Abigail Kirsch and Susan M. Greenberg. Copyright (c) 2002 by Abigail Kirsch and Susan M. Greenberg. Published by Broadway Books. Abigail Kirsch's renowned catering sites are located in Manhattan and Westchester County, and at the New York Botanical Garden. Trained at the Culinary Institute of America and Le Cordon Bleu, she is the past president of the New York and international chapters of Les Dames d'Escoffier. Susan M. Greenberg, her sister-in-law, is a professional freelance writer. Kirsch lives in Pound Ridge, New York, and Greenberg lives in Stamford, Connecticut. Together they also wrote The Bride and Groom's First Cookbook.

Nutrition Facts


■ PROTEIN 37.07% ■ FAT 55.28% ■ CARBS 7.65%

Properties

Glycemic Index:8.83, Glycemic Load:0.33, Inflammation Score:-8, Nutrition Score:5.2756521261257%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 100.09kcal (5%), Fat: 6.05g (9.32%), Saturated Fat: 2.25g (14.07%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.7g (0.62%), Sugar: 1.2g (1.33%), Cholesterol: 42.63mg (14.21%), Sodium: 457.11mg (19.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.27%), Vitamin B12: 0.95µg (15.76%), Zinc: 2.02mg (13.48%), Selenium: 8.09µg (11.55%), Vitamin B3: 2.06mg (10.28%), Phosphorus: 102.84mg (10.28%), Vitamin B6: 0.17mg (8.55%), Iron: 1.21mg (6.74%), Vitamin B2: 0.11mg (6.62%), Vitamin K: 6.66µg (6.35%), Potassium: 181.18mg (5.18%), Vitamin B5: 0.38mg (3.84%), Calcium: 35.46mg (3.55%), Magnesium: 13.13mg (3.28%), Manganese: 0.05mg (2.65%), Vitamin E: 0.37mg (2.44%), Copper: 0.04mg (2.08%), Vitamin B1: 0.03mg (1.94%), Folate: 7.64µg (1.91%), Vitamin A: 81.26IU (1.63%), Vitamin C: 1.28mg (1.55%)