



Grilled Middle Eastern Turkey Meatballs

 Dairy Free

READY IN



96 min.

SERVINGS



30

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound ground meat turkey dark
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.5 teaspoon chili powder
- ☐ 30 servings olive oil extra virgin
- ☐ 30 servings flat parsely cut into squares
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon

- ☐ 1.5 teaspoons ground cloves
- ☐ 1.5 teaspoons ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 0.5 teaspoon nutmeg
- ☐ 2 teaspoons kosher salt
- ☐ 30 servings mint leaves
- ☐ 0.5 cup onion red minced
- ☐ 2 tablespoons paprika sweet
- ☐ 2 slices sandwich bread white firm

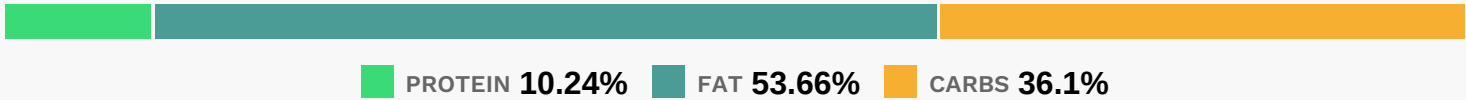
Equipment

- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat (350 to 400).
- ☐ Combine first 14 ingredients in a large mixing bowl, stirring until well blended. Divide mixture into 16 portions; shape each portion into a cylinder.
- ☐ Brush each meatball evenly with olive oil.
- ☐ Grill meatballs, turning once, 6 to 10 minutes or until cooked through.
- ☐ Serve with Avocado-Mint Tzatziki and flatbread.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:21.45, Inflammation Score:-4, Nutrition Score:6.3221738817899%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 266.4kcal (13.32%), Fat: 15.98g (24.58%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 22.77g (8.28%), Sugar: 0.28g (0.31%), Cholesterol: 11.19mg (3.73%), Sodium: 390.44mg (16.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.72%), Vitamin K: 20.18µg (19.22%), Manganese: 0.33mg (16.56%), Vitamin E: 2.21mg (14.73%), Vitamin B3: 1.85mg (9.25%), Vitamin B1: 0.13mg (8.77%), Phosphorus: 75.18mg (7.52%), Vitamin A: 353.14IU (7.06%), Iron: 1.26mg (6.99%), Fiber: 1.42g (5.67%), Zinc: 0.8mg (5.33%), Calcium: 51.06mg (5.11%), Copper: 0.1mg (5%), Vitamin B2: 0.08mg (4.84%), Selenium: 3.36µg (4.8%), Magnesium: 18mg (4.5%), Vitamin B6: 0.09mg (4.28%), Folate: 15.5µg (3.88%), Vitamin B5: 0.34mg (3.43%), Potassium: 115.12mg (3.29%), Vitamin B12: 0.18µg (3.02%), Vitamin C: 1.45mg (1.76%)