



Kefta



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



495 kcal

Ingredients

- ☐ 2 teaspoons pepper black
- ☐ 2 teaspoons cumin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 1 pound ground beef
- ☐ 2 teaspoons ground ginger
- ☐ 1 pound lamb
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 onion red chopped
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons tomato paste
- ☐ 2 pounds tomatoes finely chopped

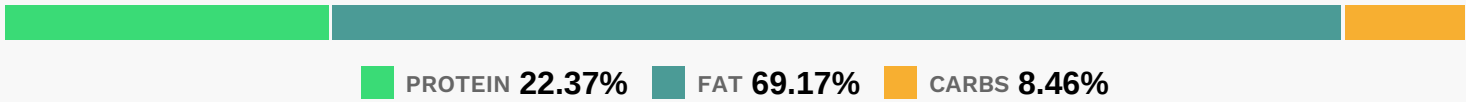
Equipment

- ☐ bowl
- ☐ dutch oven
- ☐ tajine pot

Directions

- ☐ Combine first 6 ingredients in a large bowl, mixing with hands until well blended. Form into 2-inch balls; set aside.
- ☐ Saut red onion in hot oil in a large (4-quart) tagine or Dutch oven 2 minutes. Stir in garlic, chopped tomato, and tomato paste.
- ☐ Bring mixture to a boil; reduce heat, cover, and simmer 10 to 15 minutes.
- ☐ Add meatballs, and simmer 10 minutes or until thoroughly cooked.
- ☐ Crack eggs into tomato mixture, if desired, and poach 2 minutes or until desired degree of doneness.
- ☐ Sprinkle with herbs.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:2.54, Inflammation Score:-8, Nutrition Score:24.132608652115%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg

0.6mg, Myricetin: 0.6mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 495.08kcal (24.75%), Fat: 38.06g (58.55%), Saturated Fat: 14.25g (89.03%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 7.67g (2.79%), Sugar: 5.49g (6.1%), Cholesterol: 108.86mg (36.29%), Sodium: 536.75mg (23.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.39%), Vitamin K: 63.74µg (60.71%), Vitamin B12: 3.36µg (56.07%), Vitamin B3: 8.94mg (44.69%), Zinc: 6.17mg (41.15%), Selenium: 26.59µg (37.98%), Vitamin C: 27.27mg (33.05%), Vitamin A: 1609.21IU (32.18%), Manganese: 0.6mg (29.81%), Phosphorus: 293.73mg (29.37%), Vitamin B6: 0.53mg (26.39%), Potassium: 864.18mg (24.69%), Iron: 4.1mg (22.81%), Vitamin B2: 0.32mg (18.95%), Vitamin E: 2.25mg (14.99%), Magnesium: 56.25mg (14.06%), Copper: 0.27mg (13.31%), Vitamin B1: 0.19mg (12.94%), Folate: 50.23µg (12.56%), Fiber: 2.81g (11.24%), Vitamin B5: 1.07mg (10.71%), Calcium: 63.78mg (6.38%), Vitamin D: 0.15µg (1.01%)