



Kibbeh Meatballs with Spiced Yogurt Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black
- 0.8 cup bulgur uncooked
- 1 cup cucumber shredded seeded
- 0.3 cup parsley fresh minced
- 0.5 teaspoon garlic minced
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red

- 1 pound lamb 20% lean (fat)
- 1 tablespoon olive oil
- 1.5 cups nonfat yogurt plain greek-style
- 0.1 teaspoon salt
- 0.8 teaspoon salt
- 0.3 cup shallots minced
- 2 cups water cold

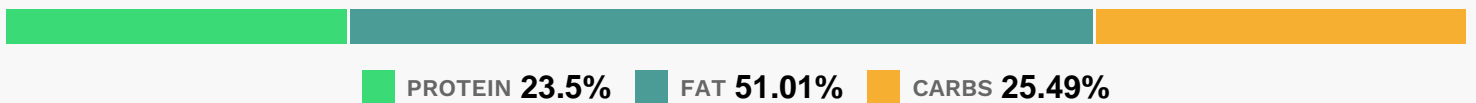
Equipment

- food processor
- bowl
- frying pan
- sieve

Directions

- Combine first 6 ingredients; chill.
- Combine bulgur and 2 cups water in a medium bowl.
- Let stand 30 minutes; drain bulgur through a fine sieve, pressing out excess liquid.
- Combine bulgur, lamb, and next 7 ingredients (through red pepper) in a food processor; process just until smooth. Cover and chill 30 minutes. Form lamb mixture into 20 (2 1/2-inch) football-shaped meatballs.
- Heat oil in nonstick skillet over medium-high heat.
- Add meatballs to pan; cook 12 minutes, browning on all sides.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:24.3, Glycemic Load:3.16, Inflammation Score:-3, Nutrition Score:6.0808695865714%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 192.26kcal (9.61%), Fat: 11.08g (17.05%), Saturated Fat: 4.77g (29.84%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 10.09g (3.67%), Sugar: 3.54g (3.93%), Cholesterol: 33.85mg (11.28%), Sodium: 273mg (11.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.98%), Vitamin K: 26.84µg (25.56%), Manganese: 0.38mg (19.11%), Phosphorus: 97.5mg (9.75%), Fiber: 2.36g (9.45%), Calcium: 91.62mg (9.16%), Magnesium: 28.99mg (7.25%), Iron: 1.22mg (6.8%), Vitamin B2: 0.11mg (6.19%), Potassium: 188.18mg (5.38%), Vitamin B6: 0.09mg (4.39%), Zinc: 0.64mg (4.25%), Vitamin C: 3.36mg (4.07%), Vitamin B5: 0.4mg (4.02%), Vitamin B12: 0.22µg (3.74%), Vitamin B1: 0.05mg (3.48%), Copper: 0.07mg (3.4%), Folate: 13.51µg (3.38%), Vitamin A: 162.75IU (3.26%), Vitamin B3: 0.63mg (3.17%), Selenium: 1.69µg (2.41%), Vitamin E: 0.25mg (1.64%)