



Lamb & apricot meatballs



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 onion red very finely chopped
- ☐ 4 garlic clove crushed
- ☐ 2 tsp ground cumin (or 4 tsp Moroccan spice blend)
- ☐ 400 g canned tomatoes chopped canned
- ☐ 0.5 tsp sugar
- ☐ 20.5 g mint leaves finely chopped
- ☐ 500 g ground lamb lean

- ☐ 8 apricot dried finely chopped
- ☐ 50 g breadcrumbs fresh
- ☐ 4 servings wholewheat pita breads

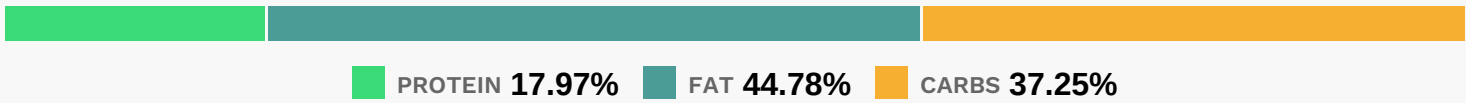
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 2 tsp oil in a pan and soften the onions for 5 mins.
- ☐ Add the garlic and spices and cook for a few mins more. Spoon half the onion mixture into a bowl and set aside to cool.
- ☐ Add the tomatoes, sugar and seasoning to the remaining onions in the pan and simmer for about 10 mins until reduced.
- ☐ Meanwhile, add the mint, lamb, apricots and breadcrumbs to the cooled onions, season and mix well with your hands. Shape into little meatballs.
- ☐ Heat the rest of the oil in a non-stick pan and fry the meatballs until golden (in batches if you need to). Stir in the sauce with a splash of water and gently cook everything for a few mins until the meatballs are cooked through.
- ☐ Serve with pitta bread and salad.

Nutrition Facts



Properties

Glycemic Index:75.12, Glycemic Load:35.86, Inflammation Score:-8, Nutrition Score:16.044347680133%

Flavonoids

Eriodictyol: 1.58mg, Eriodictyol: 1.58mg, Eriodictyol: 1.58mg, Eriodictyol: 1.58mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg

Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

Nutrients (% of daily need)

Calories: 690.39kcal (34.52%), Fat: 34.93g (53.73%), Saturated Fat: 13.71g (85.71%), Carbohydrates: 65.35g (21.78%), Net Carbohydrates: 58.98g (21.45%), Sugar: 16.63g (18.47%), Cholesterol: 91.25mg (30.42%), Sodium: 627.63mg (27.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.54g (63.08%), Manganese: 0.82mg (40.98%), Iron: 6.01mg (33.37%), Vitamin B1: 0.39mg (25.97%), Fiber: 6.38g (25.5%), Copper: 0.42mg (20.99%), Vitamin A: 1023.42IU (20.47%), Potassium: 709.75mg (20.28%), Vitamin E: 3.01mg (20.05%), Vitamin C: 16.07mg (19.48%), Vitamin B3: 3.88mg (19.42%), Calcium: 165mg (16.5%), Vitamin B6: 0.32mg (16.06%), Magnesium: 59.06mg (14.77%), Phosphorus: 147.58mg (14.76%), Folate: 57.9µg (14.47%), Vitamin B2: 0.2mg (11.98%), Vitamin K: 11.16µg (10.63%), Zinc: 1.22mg (8.12%), Vitamin B5: 0.75mg (7.55%), Selenium: 4.86µg (6.94%)