



## Lamb Köfte with Yogurt Sauce and Muhammara

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon pepper black freshly ground
- 0.5 teaspoon ground pepper
- 5.5 teaspoons kosher salt
- 0.5 cup mint leaves fresh minced
- 4 garlic clove minced
- 1 tablespoon ground cumin
- 2 pounds lamb

- 1 tablespoon juice of lemon fresh
- 1 cup yogurt plain low-fat
- 2 tablespoons olive oil divided ()
- 0.3 cup onion grated
- 2 large onion halved
- 3 tablespoons paprika
- 2 tablespoons parsley fresh italian chopped
- 2 tablespoons pomegranate molasses ()
- 0.5 cup roasted peppers red drained finely chopped
- 60 inch round steak with no pocket) soft
- 0.5 teaspoon salt
- 2 tablespoons tahini (sesame seed paste)
- 0.5 cup water

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- plastic wrap
- aluminum foil

## Directions

- Stir all ingredients in medium bowl to blend. Cover and chill.
- Line large rimmed baking sheet with plastic wrap. Gently mix lamb and next 8 ingredients in large bowl. Using moistened hands and scant 2 tablespoonfuls for each, roll meat mixture into 1 1/2-inch meatballs. Arrange on sheet.
- Preheat oven to 300F.
- Place large sheet of foil on work surface.

- Heat large nonstick or cast-iron skillet over medium-high heat.
- Add flatbreads to skillet 1 at a time; cook until browned, about 2 minutes per side. Enclose in foil; place in oven to keep warm.
- Heat 1 tablespoon oil in same skillet over medium-high heat.
- Add onions; sprinkle lightly with salt and pepper. Saut until golden brown, about 8 minutes.
- Transfer onions to 1 side of large rimmed baking sheet; place in oven to keep warm.
- Add 1 tablespoon oil to same skillet; heat over medium-high heat. Saut half of meatballs until just cooked through, 7 to 8 minutes.
- Transfer to baking sheet in oven. Repeat with remaining meatballs, adding oil to skillet if dry. Reserve skillet.
- Add roasted peppers to reserved skillet; stir 1 minute.
- Add 1/2 cup water and 2 tablespoons pomegranate molasses. Bring to simmer, scraping up browned bits. Cook until reduced to 2/3 cup, stirring occasionally, about 4 minutes.
- Mix in parsley. Season to taste with salt, pepper, and more pomegranate molasses, if desired.
- Transfer to small bowl.
- Arrange onions and meatballs on platter.
- Serve with warm breads, yogurt sauce, and muhammara.
- Available at some supermarkets, natural foods stores, and Middle Eastern markets.
- \*\* A thick pomegranate syrup; available at some supermarkets, at Middle Eastern markets, and from [adrianascaravan.com](http://adrianascaravan.com).

## Nutrition Facts

**PROTEIN 23.01%** **FAT 66.11%** **CARBS 10.88%**

### Properties

Glycemic Index:33.33, Glycemic Load:1.54, Inflammation Score:-9, Nutrition Score:27.681304211202%

### Flavonoids

Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 3.08mg, Apigenin: 3.08mg, Apigenin: 3.08mg, Apigenin: 3.08mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg

2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg

## Nutrients (% of daily need)

Calories: 618.24kcal (30.91%), Fat: 45.43g (69.89%), Saturated Fat: 17.39g (108.68%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 13.63g (4.95%), Sugar: 8.11g (9.01%), Cholesterol: 128.83mg (42.94%), Sodium: 2629.01mg (114.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.58g (71.15%), Vitamin B12: 4.2µg (70.02%), Vitamin B3: 11.74mg (58.68%), Selenium: 39.67µg (56.68%), Zinc: 7.25mg (48.35%), Phosphorus: 434.6mg (43.46%), Vitamin A: 2165.69IU (43.31%), Vitamin K: 34.31µg (32.68%), Vitamin B2: 0.53mg (31.38%), Vitamin B6: 0.6mg (29.92%), Iron: 5.15mg (28.62%), Vitamin B1: 0.34mg (22.96%), Potassium: 788.65mg (22.53%), Copper: 0.37mg (18.29%), Vitamin C: 14.95mg (18.12%), Magnesium: 72.03mg (18.01%), Manganese: 0.35mg (17.32%), Calcium: 164.71mg (16.47%), Vitamin B5: 1.6mg (15.95%), Folate: 61.45µg (15.36%), Vitamin E: 2.19mg (14.63%), Fiber: 3.19g (12.75%), Vitamin D: 0.18µg (1.18%)