



Lamb Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup breadcrumbs fresh
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup currants dried
- ☐ 1 large eggs
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 pound lamb
- ☐ 0.5 pound pd of ground turkey
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion grated drained
- ☐ 24 ounce pasta sauce red

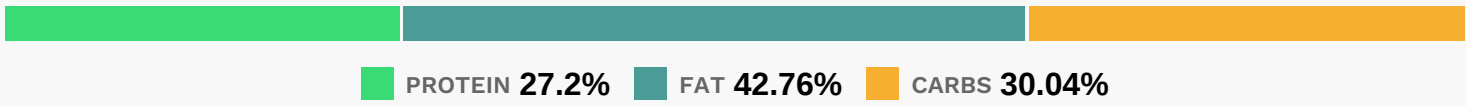
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Combine first 9 ingredients in a large bowl.
- ☐ Add lamb, turkey, and breadcrumbs; stir well. Shape into 28 (1-inch) meatballs.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add meatballs to pan. Cook 2 minutes on each side or until browned.
- ☐ Transfer meatballs to a 4-quart electric slow cooker coated with cooking spray.
- ☐ While meatballs cook, combine pasta sauce and lemon rind in a medium bowl.
- ☐ Pour sauce over meatballs. Cover and cook on HIGH for 2 hours or until meatballs are done.

Nutrition Facts



Properties

Glycemic Index:10.86, Glycemic Load:1.4, Inflammation Score:-3, Nutrition Score:6.7656521382539%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 122.65kcal (6.13%), Fat: 5.94g (9.14%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 8.11g (2.95%), Sugar: 3.84g (4.27%), Cholesterol: 34.02mg (11.34%), Sodium: 297.88mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.5g (17.01%), Vitamin B3: 3.48mg (17.38%), Selenium: 9.58µg (13.68%), Vitamin B6: 0.24mg (11.97%), Phosphorus: 97.04mg (9.7%), Vitamin B12: 0.51µg (8.48%), Potassium: 277.03mg (7.92%), Vitamin B2: 0.13mg (7.63%), Manganese: 0.15mg (7.59%), Iron: 1.35mg (7.49%), Zinc: 1.11mg (7.39%), Vitamin B1: 0.1mg (6.96%), Vitamin E: 0.95mg (6.34%), Copper: 0.11mg (5.64%), Vitamin A: 277.95IU (5.56%), Vitamin C: 4.3mg (5.21%), Magnesium: 20.6mg (5.15%), Fiber: 1.28g (5.12%), Vitamin B5: 0.5mg (4.95%), Folate: 18.13µg (4.53%), Calcium: 29.48mg (2.95%), Vitamin K: 3.09µg (2.95%), Vitamin D: 0.15µg (1.02%)