

Lamb Meatballs

READY IN



105 min.

SERVINGS



24

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bread crumbs fresh
- ☐ 0.5 teaspoon marjoram dried
- ☐ 1 eggs lightly beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 1 dash ground cinnamon
- ☐ 2 pounds lamb
- ☐ 2 tablespoons lemon zest
- ☐ 1 tablespoon olive oil

- ☐ 24 servings salt and pepper black freshly ground to taste
- ☐ 5 shallots minced
- ☐ 2.5 tablespoons tomato sauce
- ☐ 0.5 cup butter unsalted
- ☐ 0.3 cup cooking wine
- ☐ 24 servings toothpicks
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ toothpicks

Directions

- ☐ Melt the 1 tablespoon butter in a skillet over medium heat. Cook and stir the shallots in the skillet until tender.
- ☐ Transfer to a large bowl.
- ☐ Mix lamb, bread crumbs, parsley, egg, and lemon zest into the bowl with the shallots. Season with marjoram, salt, and pepper.
- ☐ Let stand 1 hour in the refrigerator.
- ☐ Melt 1/2 cup butter and heat olive oil in a skillet over medium-high heat. Form the lamb mixture into small meatballs, and cook in the skillet in batches until evenly brown. Do not drain skillet.
- ☐ Drain meatballs on paper towels, and place in a serving dish.
- ☐ Mix tomato sauce, wine, garlic, and cinnamon into the skillet. Cook and stir until well blended and heated through.
- ☐ Drizzle over the meatballs in the dish.
- ☐ Serve with toothpicks.

Nutrition Facts



 **PROTEIN 17.16%**  **FAT 72.2%**  **CARBS 10.64%**

Properties

Glycemic Index:7.88, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:5.5578260940054%

Flavonoids

Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Nutrients (% of daily need)

Calories: 173.26kcal (8.66%), Fat: 13.7g (21.08%), Saturated Fat: 6.48g (40.48%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 4.02g (1.46%), Sugar: 0.8g (0.89%), Cholesterol: 44.58mg (14.86%), Sodium: 66.96mg (2.91%), Alcohol: 0.26g (100%), Alcohol %: 0.55% (100%), Protein: 7.33g (14.66%), Vitamin B12: 0.91µg (15.22%), Vitamin B3: 2.6mg (12.99%), Selenium: 8.96µg (12.79%), Vitamin K: 12.87µg (12.26%), Zinc: 1.42mg (9.47%), Phosphorus: 76.39mg (7.64%), Vitamin B2: 0.11mg (6.56%), Vitamin B1: 0.09mg (6.06%), Iron: 0.99mg (5.48%), Manganese: 0.09mg (4.62%), Vitamin B6: 0.08mg (4.1%), Folate: 15.6µg (3.9%), Vitamin A: 188.81IU (3.78%), Potassium: 127.22mg (3.63%), Vitamin B5: 0.33mg (3.31%), Magnesium: 12.41mg (3.1%), Copper: 0.06mg (3.08%), Vitamin C: 2.04mg (2.48%), Vitamin E: 0.32mg (2.17%), Calcium: 21.46mg (2.15%), Fiber: 0.52g (2.07%)