



Lamb Meatballs in Mint Tomato Sauce



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almond slivers toasted
- ☐ 14 ounce canned tomatoes crushed canned
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 teaspoon coriander toasted
- ☐ 1 cup couscous
- ☐ 0.5 teaspoon cumin toasted
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 eggs

- ☐ 1 clove garlic chopped
- ☐ 1 pound lamb
- ☐ 1 batch mint lamb meatballs (see below)
- ☐ 2 tablespoons mint leaves chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion diced
- ☐ 0.5 teaspoon oregano
- ☐ 2 tablespoons parsley chopped
- ☐ 0.3 cup breads crumbs whole wheat
- ☐ 4 servings salt and pepper to taste

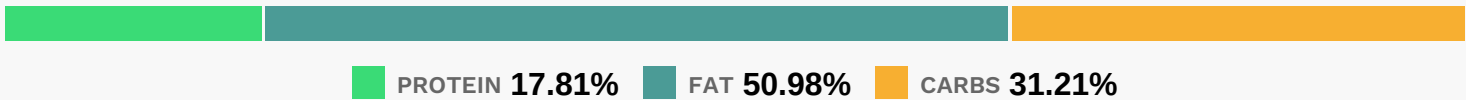
Equipment

- ☐ frying pan

Directions

- ☐ Heat he oil in a pan over medium heat.
- ☐ Add the onion and saute until render, about 5-7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the wine and deglaze the pan.
- ☐ Add the crushed tomatoes, oregano, cinnamon salt and pepper and bring to a boil.
- ☐ Add the meatballs, reduce the heat to medium-low and simmer for 20 minutes.Meanwhile cook the couscous as directed on the package.
- ☐ Remove the meatballs and sauce from heat and mix in the mint and parsley.
- ☐ Serve the meatballs in tomato sauce on couscous garnished with toasted almond slivers and more chopped mint and parsley to taste.

Nutrition Facts



Properties

Glycemic Index:90.25, Glycemic Load:30.55, Inflammation Score:-8, Nutrition Score:25.995652271354%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 4.46mg, Apigenin: 4.46mg, Apigenin: 4.46mg, Apigenin: 4.46mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 706.09kcal (35.3%), Fat: 38.82g (59.72%), Saturated Fat: 13.26g (82.87%), Carbohydrates: 53.48g (17.83%), Net Carbohydrates: 47.52g (17.28%), Sugar: 5.46g (6.06%), Cholesterol: 123.7mg (41.23%), Sodium: 495.59mg (21.55%), Alcohol: 3.09g (100%), Alcohol %: 1.14% (100%), Protein: 30.51g (61.01%), Vitamin B3: 10.2mg (50.99%), Manganese: 0.93mg (46.5%), Vitamin K: 48.25µg (45.95%), Vitamin B12: 2.72µg (45.29%), Selenium: 25.79µg (36.84%), Phosphorus: 366.3mg (36.63%), Zinc: 5.11mg (34.05%), Vitamin E: 4.4mg (29.31%), Vitamin B2: 0.48mg (28.51%), Iron: 4.86mg (27.02%), Copper: 0.53mg (26.47%), Fiber: 5.95g (23.82%), Magnesium: 95.21mg (23.8%), Vitamin B1: 0.34mg (22.73%), Potassium: 771.17mg (22.03%), Vitamin B6: 0.42mg (21.13%), Vitamin B5: 1.86mg (18.6%), Vitamin C: 13.67mg (16.58%), Folate: 62.69µg (15.67%), Calcium: 124.12mg (12.41%), Vitamin A: 567.37IU (11.35%), Vitamin D: 0.33µg (2.22%)