



WHATSheATE



Lamb Meatballs in Tomato Sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large bay leaves whole
- ☐ 30 ounce tomato sauce canned
- ☐ 1 tablespoon parsley dried
- ☐ 1 large garlic clove finely chopped
- ☐ 0.5 teaspoon ground cinnamon divided
- ☐ 0.8 teaspoon ground cumin divided
- ☐ 2 pounds lamb
- ☐ 1 tablespoon mint dried

- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.8 teaspoon pepper divided freshly ground
- ☐ 1.5 teaspoons salt
- ☐ 1 onion yellow finely chopped
- ☐ 5.3 ounce frangelico
- ☐ 5.3 ounce frangelico

Equipment

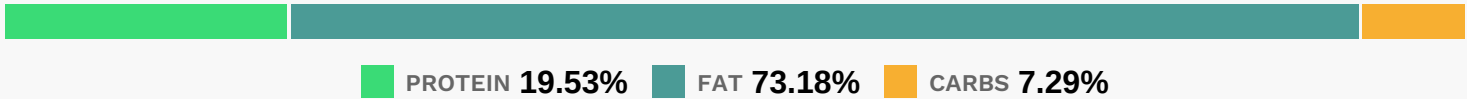
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Place tabbouleh in a large heatproof bowl; add 1 cup boiling water, cover, and let stand 30 minutes.
- ☐ Add lamb, next 5 ingredients, 1/2 teaspoon pepper, 1/2 teaspoon cumin, and 1/4 teaspoon cinnamon.
- ☐ Mix well with hands, and shape into golf ball-size meatballs. Lightly spritz meatballs with cooking spray.
- ☐ Coat a large heavy pot or Dutch oven with cooking spray, add 2 tablespoons olive oil, and heat 2 minutes over high heat. Brown meatballs in 3 batches over medium-high heat, about 5 minutes per batch, shaking pot so meatballs brown evenly.
- ☐ Add remaining olive oil as needed.
- ☐ Drain browned meatballs on paper towels.
- ☐ Deglaze pot with 1 cup water, cooking 2 minutes over medium heat and stirring to loosen browned particles.

- ☐
- Add tomato sauce, bay leaves, and remaining pepper, cumin, and cinnamon. Bring to a boil, and return meatballs to pot; cover and simmer 10 minutes. Discard bay leaves, and serve meatballs and sauce warm, or freeze.
- ☐
- Note: If freezing, cool meatballs in sauce 30 minutes, transfer to a shallow 4-quart freezer-to-oven casserole dish, and cover with aluminum foil; label and date the container. To reheat thawed meatballs, bake, still wrapped in foil, at 350 for 45 minutes or until warm.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:1.74, Inflammation Score:-5, Nutrition Score:12.761739093324%

Flavonoids

Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 332.88kcal (16.64%), Fat: 27.17g (41.79%), Saturated Fat: 10.07g (62.92%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 4.4g (1.6%), Sugar: 3.52g (3.91%), Cholesterol: 66.22mg (22.07%), Sodium: 807.83mg (35.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.63%), Vitamin B12: 2.1µg (34.93%), Vitamin B3: 6.31mg (31.53%), Selenium: 17.71µg (25.3%), Zinc: 3.33mg (22.2%), Phosphorus: 171.43mg (17.14%), Vitamin B2: 0.26mg (15.12%), Vitamin E: 2.24mg (14.95%), Iron: 2.6mg (14.45%), Potassium: 485.04mg (13.86%), Vitamin K: 12.07µg (11.5%), Vitamin B6: 0.23mg (11.29%), Manganese: 0.21mg (10.48%), Copper: 0.2mg (10.13%), Magnesium: 35.64mg (8.91%), Vitamin B5: 0.87mg (8.75%), Vitamin C: 7.14mg (8.65%), Vitamin B1: 0.13mg (8.52%), Vitamin A: 393.57IU (7.87%), Folate: 27.37µg (6.84%), Fiber: 1.68g (6.73%), Calcium: 37.66mg (3.77%)