



Lamb Meatballs over Couscous

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup breadcrumbs plain
- ☐ 1.5 cups couscous
- ☐ 0.3 cup apricot dried chopped
- ☐ 1 large eggs
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 pound lamb
- ☐ 2 tablespoons juice of lemon

- ☐ 2.3 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 8 servings salt and pepper
- ☐ 10 oz spinach frozen dry chopped

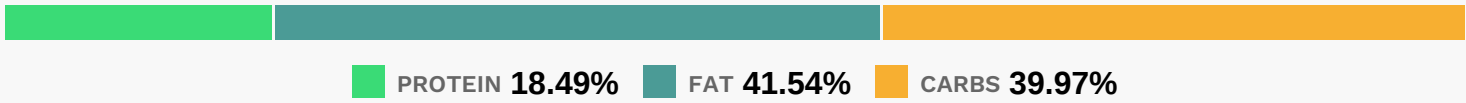
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450F. Line a large, rimmed baking sheet with foil, set a wire rack on baking sheet and mist rack with cooking spray.
- ☐ Combine lamb, bread crumbs, egg, 1/2 cup water, coriander, garlic powder, 1/2 tsp. salt and 1/4 tsp. pepper in a large bowl.
- ☐ Mix gently but thoroughly with your hands. Moisten your hands with water and form lamb mixture into 1 1/4-inch balls; place on rack.
- ☐ Bake meatballs until just cooked through, 12 to 14 minutes.
- ☐ While meatballs are baking, bring broth and spinach to a boil in a medium saucepan. Stir in couscous, cover, remove from heat and let stand for 5 minutes. Fluff couscous with a fork. Toss in apricots, olive oil and lemon juice. Season with salt. Divide couscous among 4bowls; sprinkle with toasted sliced almonds, if desired. Top with meatballs and serve.

Nutrition Facts



Properties

Glycemic Index:12.93, Glycemic Load:16.28, Inflammation Score:-10, Nutrition Score:23.013913092406%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 410.83kcal (20.54%), Fat: 18.95g (29.16%), Saturated Fat: 6.79g (42.46%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 37.29g (13.56%), Sugar: 4.17g (4.63%), Cholesterol: 64.64mg (21.55%), Sodium: 385.12mg (16.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.98g (37.95%), Vitamin K: 137.05µg (130.53%), Vitamin A: 4384.52IU (87.69%), Vitamin B3: 6.65mg (33.24%), Manganese: 0.66mg (32.85%), Selenium: 18.31µg (26.15%), Vitamin B12: 1.48µg (24.65%), Phosphorus: 221.52mg (22.15%), Folate: 86.84µg (21.71%), Vitamin B2: 0.33mg (19.52%), Vitamin B1: 0.28mg (18.96%), Zinc: 2.78mg (18.53%), Iron: 3mg (16.66%), Magnesium: 62.5mg (15.62%), Fiber: 3.73g (14.93%), Copper: 0.28mg (14.14%), Potassium: 465.09mg (13.29%), Vitamin E: 1.96mg (13.09%), Vitamin B6: 0.22mg (10.83%), Vitamin B5: 1.01mg (10.1%), Calcium: 97.82mg (9.78%), Vitamin C: 3.48mg (4.22%), Vitamin D: 0.18µg (1.21%)