



Lamb Meatballs with Cumin, Mint, and Tomato Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons blanched almonds and chopped
- 3 tablespoons bread crumbs dried
- 1.7 cups canned tomatoes thick crushed (from a 15-ounce can)
- 4 tablespoons cooking oil
- 5 tablespoons mint leaves fresh chopped
- 2 cloves garlic minced
- 2 teaspoons ground cumin

- 1.5 pounds lamb
- 0.3 teaspoon fresh-ground pepper black
- 1 onion chopped
- 1.5 teaspoons salt

Equipment

- bowl
- frying pan
- paper towels

Directions

- In a medium bowl, combine the lamb, almonds, bread crumbs, 3 tablespoons of the mint, the garlic, 1 teaspoon of the cumin, 1 teaspoon of the salt, and the pepper. Shape the mixture into 16 meatballs, about 2 inches in diameter.
- In a large nonstick frying pan, heat 2 tablespoons of the oil over moderately high heat.
- Add the meatballs and cook, turning, until browned on all over, about 3 minutes.
- Drain on paper towels.
- In a large deep frying pan, heat the remaining 2 tablespoons oil over moderately low heat.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- Add the tomatoes and the remaining 1 teaspoon cumin and 1/2 teaspoon salt. Bring to a simmer, reduce the heat, and simmer, covered, for 10 minutes.
- Add the meatballs to the tomato sauce and simmer, covered, until the meatballs are cooked through, about 10 minutes longer. Stir in the remaining 2 tablespoons mint.
- Wine Recommendation: Thanks to its warm cumin spiciness, refreshing herbal taste of mint, acidic tomatoes, and meaty lamb, this dish is a challenge to wine. A medium-bodied red that has crisp acidity, not too much tannin, and flavor that isn't too assertive is the best bet. Spain's famous Rioja is just such a wine; if possible, try an older one, indicated by the words *reserva* or *gran reserva* on the label.

Nutrition Facts



■ PROTEIN 18.06% ■ FAT 71.8% ■ CARBS 10.14%

Properties

Glycemic Index:33, Glycemic Load:2.8, Inflammation Score:-7, Nutrition Score:26.969130303549%

Flavonoids

Eriodictyol: 1.93mg, Eriodictyol: 1.93mg, Eriodictyol: 1.93mg, Eriodictyol: 1.93mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 731.25kcal (36.56%), Fat: 58.76g (90.4%), Saturated Fat: 18.84g (117.72%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 14.54g (5.29%), Sugar: 6.45g (7.17%), Cholesterol: 124.17mg (41.39%), Sodium: 1166.83mg (50.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.25g (66.5%), Vitamin B12: 3.96µg (65.92%), Vitamin B3: 12.33mg (61.63%), Selenium: 35.12µg (50.18%), Zinc: 6.59mg (43.93%), Vitamin E: 5.88mg (39.19%), Phosphorus: 367.79mg (36.78%), Iron: 5.64mg (31.33%), Vitamin B2: 0.52mg (30.73%), Manganese: 0.61mg (30.45%), Vitamin B1: 0.38mg (25.12%), Copper: 0.5mg (24.96%), Potassium: 838.63mg (23.96%), Magnesium: 91.23mg (22.81%), Vitamin B6: 0.45mg (22.72%), Vitamin K: 22.34µg (21.28%), Folate: 67.94µg (16.99%), Vitamin C: 13.84mg (16.78%), Fiber: 4.13g (16.53%), Vitamin B5: 1.52mg (15.17%), Calcium: 127.56mg (12.76%), Vitamin A: 496.89IU (9.94%), Vitamin D: 0.17µg (1.13%)