



Lamb Meatballs with Kale, Cumin Yogurt, and Carolina Gold Rice

READY IN



48 min.

SERVINGS



4

CALORIES



781 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs fresh
- 0.5 cup chicken stock see unsalted (such as Swanson)
- 0.3 teaspoon chili powder
- 0.3 teaspoon coriander seeds
- 0.3 teaspoon pepper red crushed
- 0.5 teaspoon cumin seeds
- 1 large eggs lightly beaten
- 0.5 teaspoon fennel seeds

- 2 garlic cloves minced
- 0.5 teaspoon ground cumin
- 2 cups russian kale red chopped
- 0.8 teaspoon kosher salt divided
- 12 ounces lamb lean
- 1 tablespoon juice of lemon fresh
- 0.5 cup yogurt plain low-fat
- 2 tablespoons torn mint leaves fresh
- 0.3 teaspoon mustard seeds
- 2 tablespoons olive oil divided
- 2 tablespoons pinenuts toasted
- 2 cups carolina gold rice hot cooked
- 1 cup onion yellow finely chopped

Equipment

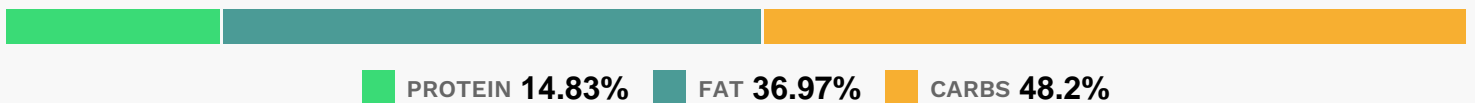
- bowl
- frying pan
- paper towels

Directions

- Combine first 5 ingredients in a small cast-iron pan over medium heat; cook 5 minutes until toasted and just beginning to smoke, stirring occasionally.
- Remove from heat.
- Place spice mixture and chili powder in a spice or coffee grinder; process until finely ground.
- Return pan to medium heat.
- Add 1 tablespoon oil; swirl to coat.
- Add onion; cook 4 minutes or until tender, stirring occasionally.
- Add garlic; cook 2 minutes, stirring frequently.
- Remove from heat; cool completely.

- Combine spice mixture, onion mixture, breadcrumbs, 1/2 teaspoon salt, lamb, and egg in a large bowl. Shape mixture into 12 meatballs.
- Heat a large nonstick skillet over medium-high heat.
- Add remaining 1 tablespoon oil to pan; swirl to coat.
- Add meatballs; cook 6 minutes, browning on all sides.
- Remove meatballs from pan; drain well. Wipe drippings from pan with a paper towel. Return meatballs to pan.
- Add kale, stock, and remaining 1/4 teaspoon salt; bring to a boil. Reduce heat, cover, and simmer 4 minutes.
- Remove from heat; let stand, covered, for 5 minutes.
- Combine yogurt, lemon juice, and ground cumin in a small bowl.
- Spread 2 tablespoons yogurt mixture in bottom of each of 4 shallow bowls. Top with 1/2 cup rice and 1 cup lamb mixture.
- Sprinkle evenly with pine nuts and mint.

Nutrition Facts



Properties

Glycemic Index:40.05, Glycemic Load:45.5, Inflammation Score:-10, Nutrition Score:20.844782699709%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 4.48mg, Isorhamnetin: 4.48mg, Isorhamnetin: 4.48mg, Isorhamnetin: 4.48mg Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg

Nutrients (% of daily need)

Calories: 780.58kcal (39.03%), Fat: 31.89g (49.07%), Saturated Fat: 10.84g (67.75%), Carbohydrates: 93.56g (31.19%), Net Carbohydrates: 89.89g (32.69%), Sugar: 5.74g (6.37%), Cholesterol: 111.32mg (37.11%), Sodium: 700.75mg (30.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.77g (57.55%), Manganese: 1.8mg (89.82%), Vitamin K: 49.49µg (47.13%), Selenium: 23.92µg (34.18%), Vitamin A: 1322.65IU (26.45%), Phosphorus:

262.67mg (26.27%), Iron: 4.08mg (22.69%), Vitamin C: 15.96mg (19.34%), Vitamin B1: 0.29mg (19.02%), Copper: 0.38mg (18.99%), Vitamin B2: 0.32mg (18.89%), Calcium: 178.08mg (17.81%), Vitamin B3: 3.42mg (17.09%), Vitamin B6: 0.32mg (16.18%), Magnesium: 63.73mg (15.93%), Vitamin B5: 1.49mg (14.86%), Zinc: 2.22mg (14.8%), Fiber: 3.66g (14.65%), Folate: 52.47µg (13.12%), Vitamin E: 1.94mg (12.95%), Potassium: 423.32mg (12.09%), Vitamin B12: 0.33µg (5.5%), Vitamin D: 0.25µg (1.67%)