



Lamb Meatballs with Red Pepper and Chickpea Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce baby spinach (2 bags)
- ☐ 2 cup chicken stock see
- ☐ 1.8 cup chickpeas drained (from a can,)
- ☐ 0.3 cup flat-leaf parsley minced plus more for garnish)
- ☐ 4 clove garlic minced peeled (and)
- ☐ 2 pound lamb
- ☐ 4 teaspoon kosher salt plus more for seasoning)

- ☐ 0.5 cup roasted peppers red (from a jar)
- ☐ 0.5 cup whole-milk yogurt (preferably Greek)
- ☐ 2 teaspoon paprika smoked
- ☐ 1 tablespoon thyme leaves
- ☐ 0.3 cup vegetable oil

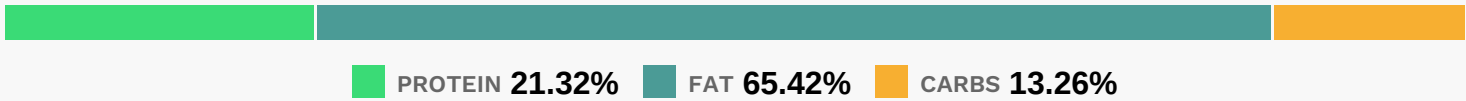
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a mini food processor, puree the peppers.
- ☐ Transfer the puree to a bowl and whisk in the broth and ½ cup yogurt.In a large bowl, combine the lamb, eggs, garlic, ¼ cup parsley and the thyme and smoked paprika.
- ☐ Add the 4 teaspoons kosher salt. Using your hands, gently mix, then roll into sixteen 2-inch meatballs.In a very large skillet, heat the oil until shimmering.
- ☐ Add the meatballs and cook over moderately high heat until browned all over, about 8 minutes. Slide the meatballs to one side of the pan.
- ☐ Add the red-pepper sauce and the chickpeas and bring just to a boil. Simmer the meatballs over moderately low heat, stirring and turning them occasionally in the sauce, until the sauce reduces slightly, 10 minutes. Season with salt.
- ☐ Spread the spinach onto a serving platter, transfer the meatballs and chickpeas to that platter and spoon the pepper sauce on top, garnish with parsley and serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:22.47, Glycemic Load:2.24, Inflammation Score:-10, Nutrition Score:29.876521639202%

Flavonoids

Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 485.57kcal (24.28%), Fat: 35.33g (54.35%), Saturated Fat: 12.95g (80.94%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 11.96g (4.35%), Sugar: 4.11g (4.56%), Cholesterol: 84.89mg (28.3%), Sodium: 1484.85mg (64.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.9g (51.81%), Vitamin K: 254.77µg (242.63%), Vitamin A: 4491.49IU (89.83%), Vitamin B12: 2.71µg (45.22%), Folate: 174.38µg (43.6%), Manganese: 0.84mg (42.07%), Vitamin B3: 8.37mg (41.86%), Selenium: 25.22µg (36.03%), Zinc: 4.97mg (33.12%), Phosphorus: 307.01mg (30.7%), Vitamin B2: 0.44mg (26.14%), Vitamin C: 21.11mg (25.59%), Iron: 4.57mg (25.38%), Potassium: 741.62mg (21.19%), Magnesium: 84.53mg (21.13%), Vitamin B6: 0.37mg (18.73%), Copper: 0.36mg (17.94%), Fiber: 4.16g (16.63%), Vitamin B1: 0.24mg (15.78%), Vitamin E: 1.95mg (13.01%), Calcium: 124.39mg (12.44%), Vitamin B5: 1mg (10.01%)