



Make-Ahead Chicken-Feta Meatballs With Chive Yogurt and Carrots

READY IN



30 min.

SERVINGS



3

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup carrots thinly sliced
- ☐ 1 eggs beaten
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 cup greek yogurt
- ☐ 12 ounces ground chicken
- ☐ 3 servings kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 1 teaspoon paprika
- ☐ 3 servings wholewheat pita breads for serving
- ☐ 2 cups pkt spinach

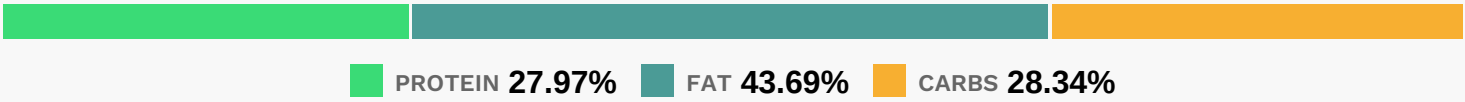
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 400°F. Line baking sheet with parchment or foil.
- ☐ Heat 1 tablespoon oil in a large skillet pan over medium-low heat until shimmering.
- ☐ Add spinach and 1/8 teaspoon salt and cook, tossing, until just wilted, 2 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Let cool slightly, then squeeze out excess liquid and finely chop.
- ☐ Combine spinach in bowl with chicken, feta cheese, paprika, egg, and 1/2 teaspoon salt. Thoroughly combine; the mixture should be wet but not soupy from egg.
- ☐ Roll mixture evenly into about 2-inch balls and place on baking sheet; bake until just cooked through, 13 to 15 minutes.
- ☐ Meanwhile, whisk together yogurt, lemon juice and zest, carrots, chives and 1/8 teaspoon salt. Refrigerate in airtight container.
- ☐ Let meatballs cool slightly, then refrigerate until ready to eat. To enjoy warm, reheat in microwave, with or without yogurt sauce, for about 30 seconds.
- ☐ Serve with pita bread.

Nutrition Facts



Properties

Glycemic Index:87.61, Glycemic Load:30.35, Inflammation Score:-10, Nutrition Score:31.043043302453%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 545kcal (27.25%), Fat: 26.45g (40.69%), Saturated Fat: 7.88g (49.27%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 35.87g (13.04%), Sugar: 3.75g (4.17%), Cholesterol: 177.67mg (59.22%), Sodium: 927.91mg (40.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.1g (76.2%), Vitamin A: 7186.59IU (143.73%), Vitamin K: 110.04µg (104.8%), Vitamin B2: 0.86mg (50.39%), Phosphorus: 482.55mg (48.26%), Vitamin B6: 0.87mg (43.36%), Vitamin B3: 8.42mg (42.09%), Selenium: 26.7µg (38.14%), Calcium: 292.27mg (29.23%), Potassium: 1009.79mg (28.85%), Vitamin B12: 1.65µg (27.58%), Manganese: 0.54mg (26.98%), Vitamin B1: 0.37mg (24.63%), Zinc: 3.61mg (24.06%), Vitamin B5: 2.26mg (22.59%), Folate: 79.72µg (19.93%), Magnesium: 73.04mg (18.26%), Vitamin E: 2.65mg (17.64%), Iron: 3.02mg (16.77%), Copper: 0.24mg (12.15%), Fiber: 2.73g (10.9%), Vitamin C: 7.89mg (9.56%), Vitamin D: 0.39µg (2.62%)