



Meatballs with Chutney Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 cups couscous hot cooked
- ☐ 1 large eggs
- ☐ 1 tablespoon mint leaves fresh thinly sliced
- ☐ 2 teaspoons mint leaves fresh finely chopped
- ☐ 2 garlic clove minced
- ☐ 0.3 cup spring onion finely chopped
- ☐ 1 tablespoon jalapeno

- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 1.5 pounds ground lamb lean
- ☐ 3 tablespoons soy sauce
- ☐ 0.5 cup mango chutney
- ☐ 0.3 cup tomato paste
- ☐ 1 ounce sandwich bread white

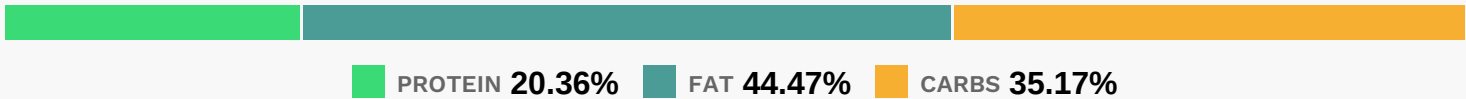
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place bread in a food processor; pulse 2 times or until coarse crumbs measure 1/2 cup.
- ☐ Combine breadcrumbs, lamb, and next 5 ingredients (through egg) in a bowl. Shape into 36 (1 1/4-inch) meatballs.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add one-third of meatballs; cook 1 minute, shaking pan to brown on all sides.
- ☐ Transfer meatballs to a 3 1/2- or 4-quart slow cooker. Repeat procedure twice with remaining meatballs.
- ☐ Combine chutney and next 4 ingredients (through chopped mint) in a bowl; pour over meatballs. Cover and cook on LOW for 2 hours.
- ☐ Serve meatballs and sauce over couscous.
- ☐ Sprinkle with thinly sliced mint.

Nutrition Facts



Properties

Glycemic Index:66.3, Glycemic Load:24.35, Inflammation Score:-4, Nutrition Score:8.7973913265311%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 500.06kcal (25%), Fat: 24.72g (38.03%), Saturated Fat: 11.61g (72.55%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 41.53g (15.1%), Sugar: 15.89g (17.66%), Cholesterol: 113.78mg (37.93%), Sodium: 510.28mg (22.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.93%), Selenium: 26.63µg (38.05%), Vitamin C: 15.15mg (18.36%), Iron: 2.93mg (16.29%), Manganese: 0.24mg (11.83%), Vitamin K: 11.66µg (11.1%), Fiber: 2.47g (9.9%), Folate: 34.62µg (8.66%), Vitamin B2: 0.14mg (8.26%), Vitamin B3: 1.58mg (7.91%), Potassium: 264.49mg (7.56%), Vitamin B6: 0.15mg (7.43%), Vitamin A: 371.74IU (7.43%), Phosphorus: 72.75mg (7.28%), Vitamin E: 1.03mg (6.87%), Vitamin B1: 0.1mg (6.61%), Copper: 0.13mg (6.56%), Magnesium: 22.98mg (5.75%), Vitamin B5: 0.53mg (5.29%), Calcium: 51.67mg (5.17%), Zinc: 0.55mg (3.68%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)