



Meatballs with Spiced Tomato Sauce

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound ground beef 90% lean
- ☐ 0.5 teaspoon pepper black divided
- ☐ 0.5 cup breadcrumbs fresh
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 pound lamb
- ☐ 1 teaspoon kosher salt divided
- ☐ 6 servings mint leaves
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons onion finely chopped
- ☐ 3 6-inch wholewheat pita breads whole-wheat warmed halved ()
- ☐ 0.3 cup water

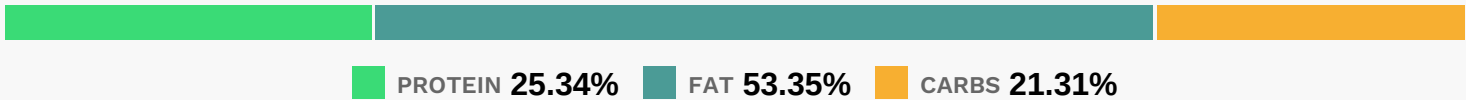
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add 2 tablespoons onion and garlic; cook 1 minute, stirring constantly. Cool slightly.
- ☐ Combine onion mixture, breadcrumbs, and mint; add lamb, beef, 1/2 teaspoon salt, 1/4 teaspoon pepper, and egg; stir gently. Shape into 30 (1-inch) meatballs.
- ☐ Return pan to medium-high; add meatballs. Cook 4 minutes.
- ☐ Remove meatballs from pan.
- ☐ Add 1/2 cup onion to pan; saut 2 minutes.
- ☐ Add ginger and next 3 ingredients; simmer 5 minutes. Stir in 1/4 cup water, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Return meatballs to pan; simmer 20 minutes or until done.
- ☐ Serve with pitas.
- ☐ Sprinkle with mint leaves.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:2.13, Inflammation Score:-5, Nutrition Score:14.433478194734%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 278.3kcal (13.92%), Fat: 16.58g (25.51%), Saturated Fat: 6.14g (38.36%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 12.31g (4.48%), Sugar: 4.45g (4.94%), Cholesterol: 83.16mg (27.72%), Sodium: 611.68mg (26.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.44%), Vitamin B12: 1.81µg (30.24%), Vitamin B3: 5.78mg (28.88%), Selenium: 19.01µg (27.16%), Manganese: 0.49mg (24.72%), Zinc: 3.64mg (24.25%), Phosphorus: 193.81mg (19.38%), Iron: 3.48mg (19.33%), Vitamin B6: 0.35mg (17.73%), Vitamin B2: 0.26mg (15.58%), Vitamin B1: 0.22mg (14.39%), Potassium: 499.46mg (14.27%), Copper: 0.25mg (12.6%), Vitamin C: 8.86mg (10.75%), Fiber: 2.59g (10.35%), Magnesium: 41.29mg (10.32%), Vitamin E: 1.54mg (10.25%), Folate: 38.54µg (9.63%), Vitamin B5: 0.89mg (8.85%), Calcium: 76.09mg (7.61%), Vitamin K: 7.92µg (7.54%), Vitamin A: 326.12IU (6.52%), Vitamin D: 0.24µg (1.62%)