



Mediterranean Beef Meatball Kabob



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs dry
- ☐ 2 egg whites
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound ground beef 93% lean (or leaner)
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 4 servings tomatoes fresh red chopped
- ☐ 2 tablespoons water
- ☐ 4 flatbreads (such as naan, lavash or pita bread)

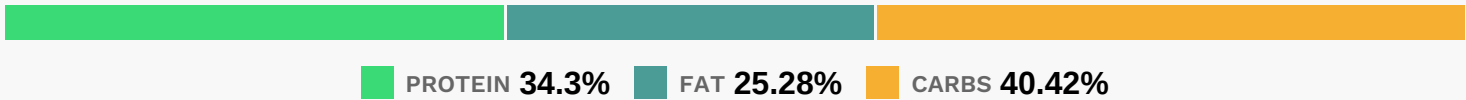
Equipment

- ☐ bowl
- ☐ oven
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Heat oven to 400 degrees F.
- ☐ Combine ground beef, breadcrumbs, egg whites, parsley, water garlic, cumin, salt and pepper in large bowl, mixing lightly but thoroughly. Shape into sixteen 1-1/4-inch meatballs.
- ☐ Thread meatballs onto four 10-inch skewers.
- ☐ Place on rack in broiler pan that has been sprayed with cooking spray.
- ☐ Bake in 400 degrees F oven 18 to 20 minutes.
- ☐ Remove meatballs from skewers.
- ☐ Serve in flatbreads.
- ☐ Garnish with Toppings, as desired.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:29.24, Inflammation Score:-4, Nutrition Score:18.122608723848%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg,

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Nutrients (% of daily need)

Calories: 393.96kcal (19.7%), Fat: 10.86g (16.71%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 37.37g (13.59%), Sugar: 1.57g (1.74%), Cholesterol: 75.31mg (25.1%), Sodium: 892.61mg (38.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.17g (66.33%), Vitamin B12: 2.58µg (42.95%), Zinc: 6.41mg (42.74%), Vitamin B3: 7.95mg (39.77%), Selenium: 24.68µg (35.26%), Vitamin K: 33.84µg (32.23%), Phosphorus: 298.38mg (29.84%), Vitamin B6: 0.5mg (24.77%), Iron: 4.32mg (23.98%), Manganese: 0.41mg (20.3%), Vitamin B2: 0.34mg (19.73%), Vitamin B1: 0.27mg (17.99%), Potassium: 524.99mg (15%), Calcium: 122.86mg (12.29%), Magnesium: 47.56mg (11.89%), Copper: 0.22mg (10.85%), Vitamin B5: 1.03mg (10.35%), Folate: 30.09µg (7.52%), Fiber: 1.72g (6.87%), Vitamin A: 275.65IU (5.51%), Vitamin C: 3.17mg (3.84%), Vitamin E: 0.36mg (2.38%)