



Mediterranean Meatballs

 Dairy Free

READY IN



270 min.

SERVINGS



30

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 oz canned tomatoes with juice crushed canned
- ☐ 0.1 teaspoon cayenne
- ☐ 5 persian cucumbers mini sliced for serving
- ☐ 2 teaspoons cumin
- ☐ 1 large eggs lightly beaten
- ☐ 6 cloves garlic minced
- ☐ 2 pounds ground sirloin 94% lean ()
- ☐ 0.5 cup mint leaves finely chopped

- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup panko bread crumbs whole-wheat
- ☐ 10 pitas whole-wheat halved
- ☐ 30 servings salt and pepper
- ☐ 0.3 cup scallions finely chopped

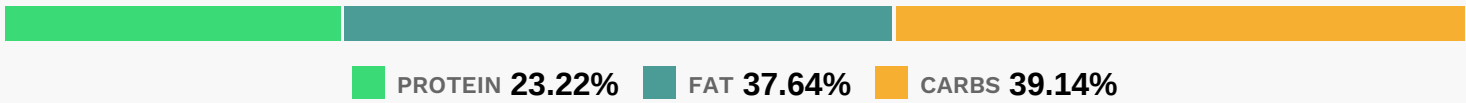
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In a bowl, mix bread crumbs, sirloin, scallions, chopped mint, egg, oil, half of garlic, 1 tsp. cumin, cayenne, 2 tsp. salt and 1/2 tsp. pepper. Use your fingers to combine well. Form into 40 1 1/4- to 1 1/2-inch meatballs. (You may cover and refrigerate meatballs overnight at this point if you'd like.)
- ☐ In a slow cooker, stir tomatoes, mint sprigs, remaining garlic, remaining cumin, 1/2 tsp. salt and 1/4 tsp. pepper. Gently stir in meatballs. Cover and cook on low until meatballs are cooked through, 3 to 4 hours.
- ☐ Remove and discard mint sprigs. Skim oil from top of sauce.
- ☐ Divide meatballs and sauce among pitas, if desired; stuff with cucumbers.

Nutrition Facts



Properties

Glycemic Index:8.3, Glycemic Load:10.41, Inflammation Score:-2, Nutrition Score:6.697391288436%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 145.64kcal (7.28%), Fat: 6.08g (9.35%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 12.82g (4.66%), Sugar: 1.92g (2.13%), Cholesterol: 26.76mg (8.92%), Sodium: 356.47mg (15.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Zinc: 1.72mg (11.48%), Vitamin B12: 0.67µg (11.21%), Vitamin B3: 2.21mg (11.05%), Manganese: 0.21mg (10.4%), Phosphorus: 95.37mg (9.54%), Vitamin B6: 0.19mg (9.47%), Iron: 1.56mg (8.65%), Selenium: 5.72µg (8.18%), Potassium: 271.99mg (7.77%), Vitamin K: 7.74µg (7.38%), Copper: 0.14mg (7.22%), Vitamin B1: 0.11mg (7.1%), Vitamin B2: 0.1mg (6.11%), Magnesium: 23.43mg (5.86%), Vitamin C: 4.63mg (5.62%), Fiber: 1.4g (5.59%), Folate: 19.48µg (4.87%), Vitamin B5: 0.47mg (4.69%), Calcium: 43.33mg (4.33%), Vitamin E: 0.62mg (4.15%), Vitamin A: 147.27IU (2.95%)