



Mediterranean Meatballs with Couscous

READY IN



37 min.

SERVINGS



4

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups couscous hot cooked
- 1 cup bread crumbs dry
- 1 eggs
- 2 cloves garlic minced
- 1 lb ground pork
- 0.5 cup philadelphia 1/3 less fat than cream cheese ()
- 2 Tbsp olive oil
- 0.5 cup onions finely chopped
- 0.5 tsp oregano leaves dried

- 0.3 cup pimento-stuffed olives green finely chopped
- 2 cups classico tomato and basil pasta sauce

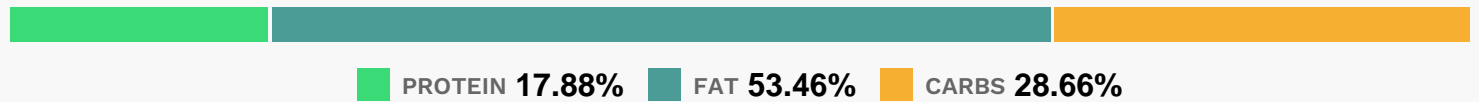
Equipment

- frying pan

Directions

- Mix first 8 ingredients until well blended; shape into 24 balls, using about 2 Tbsp. for each.
- Heat oil in large nonstick skillet on medium heat.
- Add meatballs; cook 5 to 6 min. or until evenly browned, turning occasionally.
- Add sauce; simmer on medium-low heat 10 to 15 min. or until meatballs are done (160F).
- Serve over couscous.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:11.69, Inflammation Score:-7, Nutrition Score:23.108695330827%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 698.78kcal (34.94%), Fat: 41.05g (63.15%), Saturated Fat: 13.74g (85.86%), Carbohydrates: 49.52g (16.51%), Net Carbohydrates: 44.46g (16.17%), Sugar: 8.96g (9.95%), Cholesterol: 138.77mg (46.26%), Sodium: 756.26mg (32.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.88g (61.77%), Selenium: 61.26µg (87.52%), Vitamin B1: 1.17mg (78.09%), Vitamin B3: 7.59mg (37.96%), Phosphorus: 336.41mg (33.64%), Vitamin B2: 0.51mg (30.06%), Vitamin B6: 0.59mg (29.34%), Zinc: 3.46mg (23.09%), Potassium: 754.85mg (21.57%), Vitamin B12: 1.26µg (21.04%), Fiber: 5.06g (20.24%), Manganese: 0.39mg (19.69%), Iron: 3.44mg (19.1%), Vitamin B5: 1.66mg (16.57%), Calcium: 157.49mg (15.75%), Folate: 61.84µg (15.46%), Vitamin A: 645.46IU (12.91%), Magnesium: 47.07mg (11.77%), Vitamin E: 1.7mg (11.31%), Copper: 0.19mg (9.67%), Vitamin K: 8.06µg (7.68%), Vitamin C: 5.75mg (6.97%),

Vitamin D: 0.31µg (2.07%)