



Middle Eastern Cumin Meatballs

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 0.5 teaspoon cumin
- ☐ 1 eggs
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 teaspoon garlic powder
- ☐ 1.5 pounds ground beef lean
- ☐ 2 tablespoons juice of lemon
- ☐ 4 servings salt and pepper to taste

- ☐ 3 tablespoons tomato paste
- ☐ 3 tablespoons vegetable oil
- ☐ 1.5 cups water

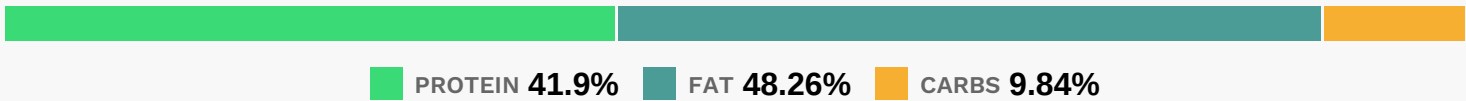
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the ground beef, egg, garlic, bread crumbs, cumin, salt, and pepper in a large bowl until well mixed.
- ☐ Roll the mixture into egg-sized balls, and set aside.
- ☐ Heat the vegetable oil in a large skillet over medium-high heat.
- ☐ Add the meatballs; cook until firm, and browned on all sides, about 10 minutes.
- ☐ Remove meatballs from the skillet and pour out the fat.
- ☐ Bring the water to a boil in the same skillet over medium-high heat. Stir in the tomato paste, lemon juice, garlic powder, salt, and pepper. Bring to a boil, then reduce heat to medium.
- ☐ Add the cooked meatballs, and simmer in the tomato sauce for 5 to 10 minutes until completely cooked.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:1.18, Inflammation Score:-4, Nutrition Score:21.776956444201%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 384.6kcal (19.23%), Fat: 20.26g (31.17%), Saturated Fat: 5.83g (36.44%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 8.35g (3.04%), Sugar: 2.16g (2.4%), Cholesterol: 146.38mg (48.79%), Sodium: 471.61mg (20.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.58g (79.16%), Vitamin B12: 3.93µg (65.53%), Zinc: 9.05mg (60.34%), Selenium: 35.94µg (51.35%), Vitamin B3: 10.22mg (51.09%), Vitamin B6: 0.78mg (38.84%), Phosphorus: 388.41mg (38.84%), Iron: 5.18mg (28.77%), Vitamin B2: 0.38mg (22.14%), Potassium: 769.14mg (21.98%), Vitamin K: 21.2µg (20.19%), Vitamin B5: 1.35mg (13.5%), Vitamin E: 1.97mg (13.14%), Magnesium: 50.09mg (12.52%), Copper: 0.23mg (11.53%), Vitamin B1: 0.16mg (10.59%), Manganese: 0.2mg (9.84%), Vitamin C: 6.8mg (8.24%), Folate: 24.07µg (6.02%), Calcium: 51.09mg (5.11%), Vitamin A: 246.38IU (4.93%), Fiber: 0.95g (3.78%), Vitamin D: 0.39µg (2.6%)