



Mini Lamb Meatballs with Cilantro-Mint Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon ground pepper
- ☐ 2 cups cilantro leaves loosely packed
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 teaspoon coriander seeds
- ☐ 1.5 teaspoons cumin seeds divided
- ☐ 1 large eggs lightly beaten
- ☐ 1 teaspoon fennel seeds

- ☐ 1 teaspoon ginger fresh minced
- ☐ 1 cup mint leaves fresh loosely packed
- ☐ 1 pound lamb grass-fed (preferably)
- ☐ 1 tsp juice of lemon
- ☐ 3 tablespoons greek yogurt low-fat
- ☐ 45 servings meatballs
- ☐ 45 servings mint-cilantro chutney spread shopping list
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon serrano chiles minced
- ☐ 0.3 teaspoon turmeric
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ toothpicks

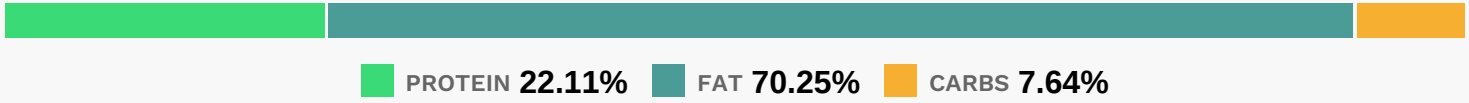
Directions

- ☐ Make meatballs: In a small frying pan, toast cumin over medium heat until fragrant, 3 to 5 minutes. Grind in a spice grinder, put 1 tsp. in a medium bowl, and reserve the rest for chutney. Grind coriander and fennel and add to bowl with remaining spices, salt, lamb, and egg.
- ☐ Mix gently. Chill mixture until firm enough to shape, about 15 minutes.
- ☐ Make chutney: Put all chutney ingredients and reserved cumin in a food processor and whirl until very smooth.

- ☐
- Add more lemon juice if you like. Spoon into a serving bowl.

☐☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:1.7339130290177%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 40.07kcal (2%), Fat: 3.11g (4.79%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.21g (0.23%), Cholesterol: 12.27mg (4.09%), Sodium: 50.6mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Vitamin B12: 0.25µg (4.16%), Selenium: 2.53µg (3.61%), Vitamin B3: 0.68mg (3.42%), Vitamin K: 3.21µg (3.06%), Zinc: 0.41mg (2.73%), Vitamin A: 131.45IU (2.63%), Phosphorus: 22.79mg (2.28%), Vitamin B2: 0.03mg (2.01%), Iron: 0.33mg (1.81%), Manganese: 0.04mg (1.8%), Vitamin B1: 0.02mg (1.51%), Vitamin B6: 0.03mg (1.36%), Potassium: 45.43mg (1.3%), Vitamin C: 1.03mg (1.25%), Folate: 4.72µg (1.18%), Magnesium: 4.49mg (1.12%), Vitamin B5: 0.1mg (1.02%)