



Minty Meatballs

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon allspice
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup quinoa cooked
- ☐ 1 eggs lightly beaten
- ☐ 1 cup parsley fresh plus more for garnish finely chopped
- ☐ 0.5 cup mint leaves fresh finely chopped
- ☐ 2 cloves garlic finely chopped

- ☐ 1.5 pounds ground beef lean (85 percent)
- ☐ 1.5 teaspoons salt

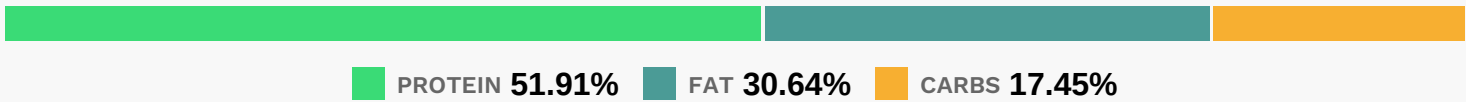
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ In a bowl, mix together all ingredients until combined. Cover with plastic wrap and refrigerate at least 1 hour, upto 24 hours.
- ☐ Heat oven to 425°F. Form meat mixture into 24 oval balls (about 3 tablespoons each). Arrange on 2 cookie sheets lined with parchment paper.
- ☐ Bake 8 minutes; turn and bake 10 minutes more.
- ☐ Garnish with parsley if desired; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:6.02086948571%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 5.44mg, Apigenin: 5.44mg, Apigenin: 5.44mg, Apigenin: 5.44mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 54.91kcal (2.75%), Fat: 1.82g (2.8%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.34g (0.38%), Cholesterol: 24.64mg (8.21%), Sodium: 170.87mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.87%), Vitamin K: 41.17µg (39.21%), Vitamin B12: 0.68µg (11.36%), Zinc: 1.61mg (10.75%), Selenium: 5.86µg (8.37%), Vitamin B3: 1.65mg (8.24%), Phosphorus: 79.15mg (7.91%), Vitamin B6: 0.13mg (6.67%), Iron: 1.04mg (5.75%), Vitamin A: 270.71IU (5.41%), Vitamin C: 3.71mg (4.5%), Vitamin B2: 0.07mg (4.39%), Potassium: 142.68mg (4.08%), Manganese: 0.08mg (3.88%), Magnesium: 14.15mg (3.54%), Folate: 10.51µg (2.63%), Vitamin B5: 0.24mg (2.43%), Copper: 0.05mg (2.32%), Vitamin B1: 0.03mg (1.79%), Calcium: 17.68mg (1.77%), Fiber: 0.39g (1.57%), Vitamin E: 0.17mg (1.12%)