



Moroccan Meatballs

 Dairy Free  Very Healthy

READY IN



90 min.

SERVINGS



20

CALORIES



1366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons ancho chile powder
- ☐ 0.3 cup peppercorns black
- ☐ 1 gallon unseasoned bread cubes
- ☐ 0.3 cup cumin seeds
- ☐ 10 eggs
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.8 cup cilantro leaves fresh finely chopped
- ☐ 0.8 cup parsley fresh finely chopped

- ☐ 0.8 cup garlic minced
- ☐ 5 pounds ground beef
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.3 cup ground cumin
- ☐ 1 tablespoon ground ginger
- ☐ 5 pounds ground pork
- ☐ 0.3 cup harissa
- ☐ 0.3 cup salt
- ☐ 0.3 cup paprika smoked
- ☐ 3 tablespoons paprika smoked
- ☐ 1 gallon tomato sauce
- ☐ 20 servings vegetable oil
- ☐ 5 cups onions yellow minced

Equipment

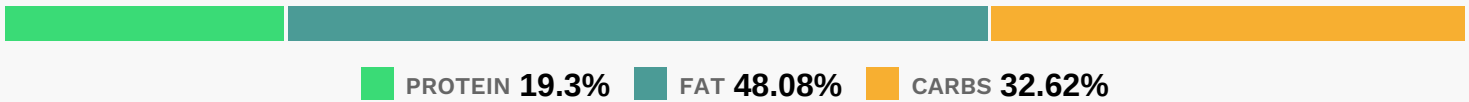
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Mix together the tomato sauce, cilantro, cumin, harissa, paprika and cinnamon.
- ☐ For the meatballs: Preheat the oven to 500 degrees F. Soak the bread in just enough water to cover for 1 minute.
- ☐ Pour into a colander and let sit for 10 minutes. Squeeze all the excess water out.
- ☐ Meanwhile, gently cook the onions and garlic until translucent.
- ☐ Let cool, then transfer to a bowl.

- ☐
- Add the chuck, pork, cilantro, parsley, cumin, paprika, pepper, salt, chile powder, ginger and eggs and mix thoroughly.
- ☐
- Portion and shape the mixture into 3 1/2-ounce balls.
- ☐
- Heat oil over medium-high heat in a large saute pan and brown the meatballs on all sides.
- ☐
- Transfer to a large baking dish, cover with the meatball sauce and wrap with aluminum foil. Braise the meatballs in the oven until cooked through but not dry, 20 minutes.
- ☐
- Let cool slightly, then serve.

Nutrition Facts



Properties

Glycemic Index:16.68, Glycemic Load:53.38, Inflammation Score:-10, Nutrition Score:59.692608190619%

Flavonoids

Apigenin: 4.85mg, Apigenin: 4.85mg, Apigenin: 4.85mg, Apigenin: 4.85mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 1366.21kcal (68.31%), Fat: 73.46g (113.01%), Saturated Fat: 22.05g (137.79%), Carbohydrates: 112.14g (37.38%), Net Carbohydrates: 98.34g (35.76%), Sugar: 20.3g (22.56%), Cholesterol: 244mg (81.33%), Sodium: 3443.65mg (149.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.33g (132.67%), Manganese: 3.35mg (167.57%), Selenium: 109.03µg (155.76%), Vitamin B1: 1.78mg (118.93%), Vitamin B3: 22.91mg (114.53%), Iron: 16.32mg (90.68%), Vitamin K: 90.4µg (86.09%), Phosphorus: 774.48mg (77.45%), Vitamin B6: 1.44mg (72.13%), Vitamin B2: 1.21mg (71.2%), Zinc: 10.44mg (69.62%), Vitamin B12: 3.42µg (56.94%), Fiber: 13.8g (55.18%), Folate: 216.23µg (54.06%), Vitamin A: 2603.11IU (52.06%), Potassium: 1782.51mg (50.93%), Magnesium: 182.66mg (45.66%), Vitamin E: 6.08mg (40.51%), Vitamin B5: 4mg (40.03%), Calcium: 398.84mg (39.88%), Copper: 0.78mg (38.76%), Vitamin C: 23.15mg (28.06%), Vitamin D: 0.55µg (3.69%)