



Moroccan Meatballs

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



35

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup maxwell house coffee cooled brewed
- 2 cloves garlic minced
- 0.5 tsp ground allspice
- 2 lb ground beef
- 1.5 tsp ground cumin
- 2 Tbsp honey
- 1 small onion thinly sliced
- 2 tsp paprika

1.5 tsp potato flour

2 tsp salt

Equipment

frying pan

Directions

Combine coffee, honey and potato starch; set aside.

Mix meat, garlic, salt, paprika, cumin and allspice until well blended. Shape into 24 meatballs.

Cook in large nonstick skillet on medium heat 10 min. or until browned on all sides, stirring occasionally. Increase heat to medium-high.

Add onions and coffee mixture to skillet; stir until meatballs are evenly coated. Bring just to boil. Reduce heat to medium; simmer 10 min. or until meatballs are cooked through (160F) and sauce is thickened, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:4.12, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:2.4413043461416%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 71.68kcal (3.58%), Fat: 5.23g (8.04%), Saturated Fat: 1.99g (12.47%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.33g (0.48%), Sugar: 1.09g (1.21%), Cholesterol: 18.4mg (6.13%), Sodium: 150.84mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.07%), Vitamin B12: 0.55µg (9.24%), Zinc: 1.1mg (7.36%), Vitamin B3: 1.13mg (5.67%), Selenium: 3.95µg (5.64%), Vitamin B6: 0.09mg (4.63%), Phosphorus: 43.06mg (4.31%), Iron: 0.6mg (3.36%), Vitamin B2: 0.05mg (2.74%), Potassium: 83.23mg (2.38%), Vitamin B5: 0.16mg (1.55%), Magnesium: 5.52mg (1.38%), Vitamin A: 66.02IU (1.32%)