



Moroccan Meatballs in Spicy Tomato Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes whole coarsely chopped canned
- ☐ 3 cups couscous hot cooked
- ☐ 0.3 cup currants dried
- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 large egg whites
- ☐ 1 teaspoon fennel seeds
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 pounds ground beef lean
- ☐ 0.3 cup onion finely chopped
- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup tomato paste

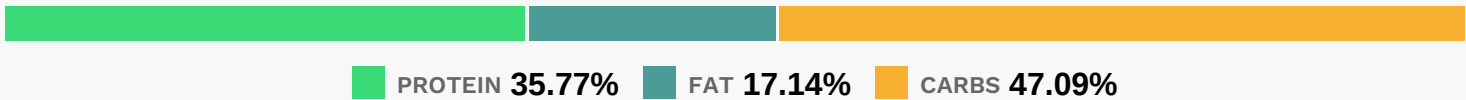
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ To prepare meatballs, combine first 9 ingredients in a bowl; shape meat mixture into 30 meatballs.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add half of meatballs to pan; cook 3 minutes or until browned, stirring frequently.
- ☐ Place browned meatballs in an electric slow cooker. Repeat procedure with remaining 15 meatballs.
- ☐ To prepare sauce, combine tomato paste and next 7 ingredients (through tomatoes).
- ☐ Add to slow cooker, stirring gently to coat. Cover and cook on LOW for 6 hours.
- ☐ Serve over couscous.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:15.81, Inflammation Score:-7, Nutrition Score:24.203912849012%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 356.05kcal (17.8%), Fat: 6.83g (10.51%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 42.26g (14.09%), Net Carbohydrates: 37.09g (13.49%), Sugar: 11.87g (13.19%), Cholesterol: 70.31mg (23.44%), Sodium: 708.84mg (30.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.09g (64.18%), Selenium: 46.16µg (65.95%), Vitamin B3: 9.71mg (48.54%), Zinc: 6.6mg (43.98%), Vitamin B12: 2.58µg (42.94%), Vitamin B6: 0.75mg (37.51%), Iron: 5.86mg (32.56%), Phosphorus: 319.81mg (31.98%), Potassium: 1032.7mg (29.51%), Manganese: 0.52mg (26.25%), Copper: 0.45mg (22.67%), Vitamin B2: 0.36mg (21.39%), Fiber: 5.17g (20.66%), Vitamin B1: 0.31mg (20.34%), Vitamin C: 15.94mg (19.33%), Magnesium: 72.17mg (18.04%), Vitamin E: 2.62mg (17.48%), Vitamin B5: 1.48mg (14.77%), Folate: 48.28µg (12.07%), Vitamin K: 10.63µg (10.13%), Vitamin A: 497.16IU (9.94%), Calcium: 98.94mg (9.89%)