



Moroccan Meatballs in Spicy Tomato Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



357 kcal

SAUCE

Ingredients

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

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 pounds lean ground beef lean
- ☐ 0.3 cup onion finely chopped
- ☐ 1 teaspoon orange rind 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



 **PROTEIN 35.71%**  **FAT 17.16%**  **CARBS 47.13%**

Properties

Glycemic Index:42.83, Glycemic Load:15.82, Inflammation Score:0, Nutrition Score:24.31086978705%

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: 356.82kcal (17.84%), Fat: 6.86g (10.55%), Saturated Fat: 2.77g (17.28%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 37.18g (13.52%), Sugar: 11.87g (13.18%), Cholesterol: 70.31mg (23.44%), Sodium: 709.12mg (30.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.24%), Selenium: 46.17µg (65.96%), Vitamin B3: 9.71mg (48.56%), Zinc: 6.61mg (44.04%), Vitamin B12: 2.58µg (42.94%), Vitamin B6: 0.75mg (37.47%), Iron: 5.98mg (33.22%), Phosphorus: 320.58mg (32.06%), Potassium: 1035.47mg (29.58%), Manganese: 0.55mg (27.7%), Copper: 0.46mg (22.79%), Vitamin B2: 0.36mg (21.39%), Fiber: 5.23g (20.9%), Vitamin B1: 0.31mg (20.39%), Vitamin C: 15.9mg (19.27%), Magnesium: 72.85mg (18.21%), Vitamin E: 2.6mg (17.37%), Vitamin B5: 1.48mg (14.79%), Folate: 48.22µg (12.06%), Vitamin K: 10.74µg (10.22%), Calcium: 101.57mg (10.16%), Vitamin A: 465.3IU (9.31%)