



Moroccan Spiced Lamb Meatballs

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings dipping sauce
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons ginger fresh minced finely grated
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 0.5 teaspoon garlic minced finely grated
- ☐ 1 tablespoon garlic minced finely grated
- ☐ 0.5 pound ground beef chuck

- ☐ 1.5 pounds lamb
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 lemon zest shredded finely
- ☐ 14 oz greek yogurt low-fat
- ☐ 6 servings meatballs
- ☐ 6 servings mint sprigs
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 tablespoon ras el hanout spice mix
- ☐ 1 teaspoon salt

Equipment

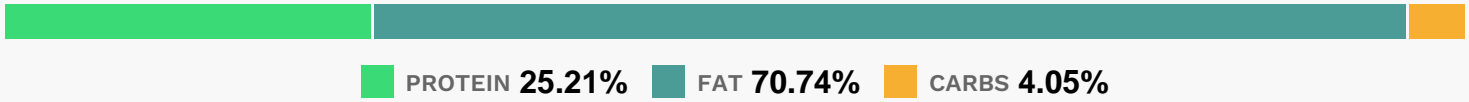
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Make sauce: In a small bowl, stir yogurt with lemon zest, mint, olive oil, salt, and garlic. Cover and chill until ready to serve.
- ☐ Make meatballs: In a large bowl, combine ginger, garlic, ras el hanout, salt, and pepper.
- ☐ Add lamb and beef and gently mix just until seasonings are distributed.
- ☐ In your palms, gently roll meat to form 1 1/2-in. balls; set on a rimmed baking pan.
- ☐ Preheat oven to 200, line another rimmed baking pan with paper towels, and put it and a heatproof serving bowl in the oven to keep warm.
- ☐ Heat a 12-in. frying pan over medium heat.
- ☐ Add oil and swirl to coat. Brown meatballs in 2 batches on all sides, turning as needed, 10 to 12 minutes for medium-rare.
- ☐ Transfer meatballs to the paper towelled lined pan.

- ☐
- Transfer meatballs to the warm serving bowl, garnish with mint sprigs, and serve with yogurt sauce.
- ☐
- *Buy at well-stocked supermarkets.
- ☐
- Make ahead: Shape, wrap, and chill meatballs up to 1 day (their texture will be a little softer than if just made).

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:15.638695706492%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 520.69kcal (26.03%), Fat: 40.41g (62.16%), Saturated Fat: 15.85g (99.07%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.43g (1.61%), Sugar: 3.11g (3.46%), Cholesterol: 114.17mg (38.06%), Sodium: 713.1mg (31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.4g (64.79%), Vitamin B12: 3.44µg (57.26%), Vitamin B3: 8.51mg (42.56%), Selenium: 27.55µg (39.36%), Zinc: 5.55mg (36.98%), Phosphorus: 246.14mg (24.61%), Vitamin B2: 0.31mg (18.25%), Iron: 3.01mg (16.7%), Vitamin B6: 0.31mg (15.56%), Vitamin K: 13.6µg (12.96%), Calcium: 127.01mg (12.7%), Potassium: 402.13mg (11.49%), Vitamin B1: 0.16mg (10.42%), Vitamin B5: 0.97mg (9.71%), Magnesium: 36.41mg (9.1%), Vitamin E: 1.3mg (8.66%), Copper: 0.17mg (8.29%), Manganese: 0.17mg (8.28%), Folate: 27.68µg (6.92%), Fiber: 0.78g (3.12%), Vitamin C: 2.52mg (3.05%), Vitamin A: 135.2IU (2.7%), Vitamin D: 0.15µg (1.01%)