



Moroccan Spiced Patties

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots grated
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 4 cups meat-loaf mixture
- ☐ 4 servings mint couscous with zucchini and tomato
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon paprika
- ☐ 3 scallions trimmed thinly sliced

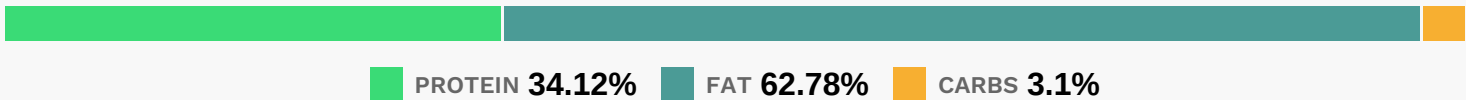
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, combine all the ingredients except the oil.
- ☐ Mix well. Make 12 half-inch-thick patties.
- ☐ Heat half the oil in a large nonstick skillet and cook 6 of the patties over medium heat until golden, 7 to 8 minutes per side. Repeat with the other 6 patties and the remaining oil.
- ☐ Serve atop Mint Couscous with Zucchini and
- ☐ Tomato.

Nutrition Facts



Properties

Glycemic Index:25.96, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:9.2047826090585%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 541.48kcal (27.07%), Fat: 41.03g (63.13%), Saturated Fat: 12.25g (76.57%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 3g (1.09%), Sugar: 1.79g (1.99%), Cholesterol: 157.5mg (52.5%), Sodium: 182.68mg (7.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.17g (100.34%), Vitamin A: 5731.49IU (114.63%), Iron: 5.23mg (29.07%), Vitamin K: 27.57µg (26.26%), Vitamin E: 1.44mg (9.58%), Manganese: 0.14mg (7.01%), Fiber: 1.57g (6.28%), Vitamin C: 3.95mg (4.79%), Potassium: 154.42mg (4.41%), Folate: 13.29µg (3.32%), Vitamin B6: 0.06mg (3.21%), Calcium: 27.84mg (2.78%), Magnesium: 9.31mg (2.33%), Vitamin B3: 0.46mg (2.28%), Vitamin B2: 0.04mg (2.14%), Vitamin B1: 0.03mg (2.12%), Phosphorus: 19.49mg (1.95%), Copper: 0.03mg (1.7%), Zinc: 0.17mg (1.15%), Vitamin B5: 0.11mg (1.11%)