



Moroccan turkey meatballs with citrus couscous

 Dairy Free  Popular

READY IN



30 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g ground meat turkey
- ☐ 2 tsp ground coriander
- ☐ 1 tsp cinnamon
- ☐ 1 onion grated
- ☐ 1 orange zest peeled chopped
- ☐ 250 g couscous
- ☐ 250 ml chicken stock see hot

- ☐ 2 tsp olive oil
- ☐ 1 small bunch cilantro leaves roughly chopped

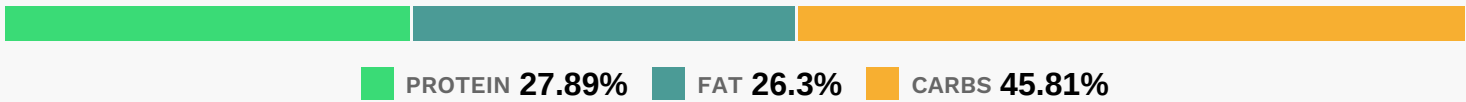
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a big bowl, mix the mince, spices, onion and orange zest together really well with your hands.
- ☐ Roll the mixture into about 20 walnut-sized meatballs.
- ☐ Put the couscous in a bowl, pour over the hot chicken stock, cover with cling film and leave to stand for 10 mins.
- ☐ Heat the olive oil in a frying pan. add the meatballs and fry, turning often, for about 12 mins until browned all over and cooked through.
- ☐ Fluff the couscous up with a fork, stir in the chopped orange, coriander and some seasoning. Pile onto plates and serve with the meatballs.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:30.01, Inflammation Score:-5, Nutrition Score:18.22869575542%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

Nutrients (% of daily need)

Calories: 483.87kcal (24.19%), Fat: 14.05g (21.61%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 55.04g (18.35%), Net Carbohydrates: 50.35g (18.31%), Sugar: 2.2g (2.44%), Cholesterol: 94.4mg (31.47%), Sodium: 185.7mg (8.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.51g (67.03%), Vitamin B3: 10.06mg (50.32%), Phosphorus:

378.28mg (37.83%), Selenium: 25.59µg (36.55%), Manganese: 0.67mg (33.61%), Vitamin B6: 0.59mg (29.36%), Zinc: 3.89mg (25.92%), Vitamin B12: 1.5µg (25%), Vitamin B5: 2.09mg (20.89%), Vitamin B2: 0.35mg (20.6%), Fiber: 4.69g (18.76%), Copper: 0.35mg (17.57%), Magnesium: 63.58mg (15.89%), Vitamin B1: 0.23mg (15.18%), Potassium: 507.73mg (14.51%), Iron: 2.6mg (14.45%), Vitamin C: 7mg (8.48%), Folate: 31.82µg (7.96%), Vitamin K: 7.99µg (7.61%), Calcium: 68.56mg (6.86%), Vitamin A: 243.18IU (4.86%), Vitamin E: 0.56mg (3.72%), Vitamin D: 0.5µg (3.33%)