



North African Meatballs

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bread crumbs finely fine
- 14 ounce canned tomatoes diced crushed canned
- 0.3 cup chicken stock see
- 1 cup chicken stock see
- 0.3 cup dates dried finely chopped
- 1 eggs
- 3 tablespoons cilantro leaves fresh finely chopped
- 1 tablespoon ginger fresh minced

- 4 tablespoons parsley leaves fresh chopped
- 2 cloves garlic chopped
- 0.8 pound ground beef
- 1 pinch ground cinnamon
- 1 teaspoon ground cumin
- 1 lemon zest
- 1 teaspoon brown sugar light
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 0.5 cup briny olives pitted chopped
- 0.5 small onion diced
- 1 cup quick-cooking couscous
- 0.5 teaspoon pepper flakes dried red
- 4 servings salt and pepper black freshly ground
- 2 tablespoons tomato paste
- 3 tablespoons vegetable oil for cooking
- 1 cup water
- 0.5 cup white wine

Equipment

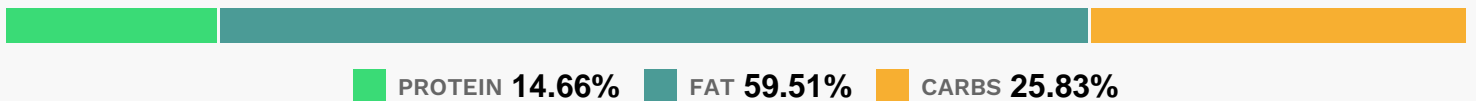
- bowl
- frying pan
- sauce pan

Directions

- Watch how to make this recipe.
- In a large saucepan heat the olive oil over medium heat and saute the onion and garlic until soft but not brown, about 3 minutes.
- Add the lemon zest and olives and cook for 1 more minute.

- Add the white wine, deglaze the pan, and let it reduce for a 1 to 2 minutes. Stir in the stock, canned tomatoes, sugar, red pepper flakes, and cinnamon, and simmer to blend flavors, about 7 minutes. Season with salt and pepper, to taste.
- To make the Meatballs: In a medium bowl, add the egg and tomato paste and stir until smooth.
- Add the cilantro, ginger, cumin, and cinnamon and mix until well blended. Stir in the ground beef and oats, season with salt and pepper, to taste, and combine gently after each addition. Do not overmix.
- Rolling with your hands, make about 32 meatballs, about 1-inch in diameter.
- In a large saute pan, heat 3 tablespoons vegetable oil over medium heat, and brown the meatballs in batches until golden on all sides.
- Add more oil, as needed.
- Transfer the meatballs to the pan with the sauce and let simmer for 20 minutes.
- Sprinkle with fresh parsley and serve over the Couscous with Dried Dates.
- Bring the water, stock, and oil to a boil in a small saucepan over medium heat.
- Add the dates followed by the couscous. Cover the pan tightly with a lid, remove from the heat, and allow to sit for 5 minutes. Fluff with a fork and season with salt and pepper, to taste.
- Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:98.25, Glycemic Load:14.05, Inflammation Score:-8, Nutrition Score:29.488260901493%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin:

2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 681.89kcal (34.09%), Fat: 44.68g (68.73%), Saturated Fat: 10.87g (67.95%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 37.13g (13.5%), Sugar: 15.13g (16.81%), Cholesterol: 103.55mg (34.52%), Sodium: 717.16mg (31.18%), Alcohol: 3.09g (100%), Alcohol %: 0.85% (100%), Protein: 24.76g (49.52%), Vitamin K: 101.87µg (97.02%), Manganese: 1.32mg (66.1%), Selenium: 28.8µg (41.15%), Vitamin B3: 7.35mg (36.75%), Vitamin E: 5.38mg (35.85%), Phosphorus: 345.8mg (34.58%), Zinc: 5.1mg (33.99%), Iron: 5.94mg (32.99%), Vitamin B12: 1.95µg (32.49%), Vitamin B6: 0.62mg (30.93%), Magnesium: 116.78mg (29.19%), Potassium: 943.24mg (26.95%), Fiber: 6.52g (26.09%), Vitamin B1: 0.37mg (24.58%), Copper: 0.49mg (24.38%), Vitamin C: 19.65mg (23.82%), Vitamin B2: 0.39mg (22.97%), Vitamin A: 903.65IU (18.07%), Folate: 55.91µg (13.98%), Calcium: 123.26mg (12.33%), Vitamin B5: 1.2mg (11.99%), Vitamin D: 0.31µg (2.03%)