

Pakistani Meatballs with Gravy (Koftay)

 **Gluten Free**

READY IN



60 min.

SERVINGS



6

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chili powder
- 1 teaspoon coriander seed crushed
- 6 servings pepper red crushed to taste
- 1 teaspoon ginger/garlic paste
- 1 teaspoon ginger paste
- 0.5 teaspoon ground cardamom
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground cumin

- 0.5 teaspoon ground pepper black
- 1.3 pounds ground beef lean
- 2 onions divided thinly sliced
- 6 servings salt to taste
- 1 tablespoon vegetable oil
- 2.5 cups water
- 1 cup yogurt

Equipment

- bowl
- sauce pan

Directions

- In a medium bowl, mix lean ground beef, half of the onions, chili powder, black pepper, cloves, cumin and cardamom. Shape the mixture into approximately six 2 inch meatballs.
- In a large, heavy saucepan over medium heat, cook and stir the remaining onion in the vegetable oil until tender.
- Mix in the yogurt, lentils, ginger paste, garlic paste, coriander seed, water, red pepper and salt.
- Place the meatballs into the mixture. Reduce heat to low and cook 30 minutes, until meatballs are evenly browned and lentils are tender.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:13.98130428791%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 200.46kcal (10.02%), Fat: 8.83g (13.58%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 5.59g (2.03%), Sugar: 3.64g (4.05%), Cholesterol: 63.9mg (21.3%), Sodium: 320.95mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.07%), Vitamin B12: 2.27µg (37.8%), Zinc: 5.28mg (35.17%), Vitamin B3: 5.56mg (27.81%), Selenium: 18.24µg (26.05%), Phosphorus: 247.74mg (24.77%), Vitamin B6: 0.49mg (24.45%), Iron: 2.99mg (16.61%), Vitamin A: 736.36IU (14.73%), Manganese: 0.29mg (14.63%), Potassium: 505.65mg (14.45%), Vitamin B2: 0.25mg (14.43%), Vitamin E: 1.39mg (9.3%), Magnesium: 36.84mg (9.21%), Calcium: 84.98mg (8.5%), Vitamin B5: 0.84mg (8.39%), Vitamin K: 7.68µg (7.31%), Copper: 0.14mg (7.03%), Fiber: 1.76g (7.02%), Vitamin B1: 0.08mg (5.17%), Vitamin C: 3.31mg (4.01%), Folate: 15.31µg (3.83%)