



Pepper Monkey Lamb Meatballs

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon agave nectar
- 4 cardamom pods
- 1 teaspoon ground pepper
- 2 tablespoons coriander seeds
- 1 tablespoon cumin seeds (see Notes)
- 0.5 cup feta cheese crumbled
- 1 bunch cilantro leaves fresh
- 2 tablespoons ginger fresh peeled finely chopped

- 0.5 bunch mint leaves fresh chopped
- 1 cup mint leaves fresh loosely packed
- 3 cloves garlic
- 4 cloves garlic finely chopped
- 1 teaspoon ground cinnamon
- 4 pounds lamb (see Notes)
- 1 tablespoon pepper black
- 1 tablespoon turmeric
- 0.5 jalapeno
- 1 juice of lemon
- 1 cup greek yogurt plain
- 2 tablespoons lawry's seasoned salt
- 3 tablespoons lawry's seasoned salt
- 1 cup pkt spinach cooked chopped
- 2 star anise
- 1 medium onion yellow finely chopped

Equipment

- food processor
- bowl
- frying pan
- blender
- grill
- kitchen thermometer
- meat grinder

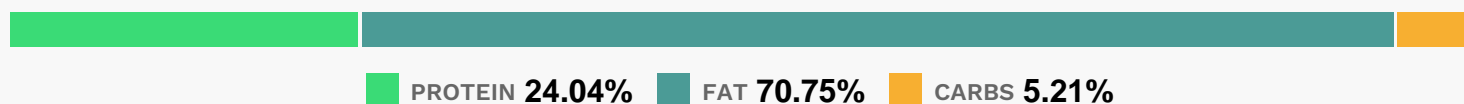
Directions

- Combine all the ingredients in a blender or food processor and puree until smooth. This can be done 1 to 3 days in advance. It is best to make the sauce at least 1 day in advance to give

the flavors time to blend.

- Preheat a grill to about 375F for direct cooking.
- Place the cumin, coriander, cardamom seeds, and star anise in a small skillet over medium heat and toast until fragrant, 2 to 3 minutes.
- Let cool, then grind in a spice or coffee grinder.
- Add the turmeric, seasoned salt, black pepper, cinnamon, and cayenne and mix well.
- Place the ground lamb in a large bowl.
- Add the spices along with the onion, ginger, garlic, mint, feta, and spinach and mix well, but do not overmix as this will result in a tough texture. Form the mixture into meatballs 1 to 1 1/2 inches in diameter.
- Place the meatballs on the grill grate and cook for about 14 minutes, or until the internal temperature reaches 160F on a meat thermometer, rotating the meatballs frequently to ensure that they caramelize evenly.
- Serve with the dipping sauce.
- Notes: You may substitute store-bought garam masala for the homemade spice mixture here. You can have a butcher grind the meat, or you can do it yourself at home, using a meat grinder or food processor.
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Nutrition Facts



Properties

Glycemic Index:6.85, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:4.8356521038905%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg,

Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 119.59kcal (5.98%), Fat: 9.33g (14.36%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.42g (0.47%), Cholesterol: 29.19mg (9.73%), Sodium: 769.84mg (33.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.27%), Vitamin B12: 0.93µg (15.48%), Vitamin B3: 2.34mg (11.69%), Selenium: 7.92µg (11.32%), Zinc: 1.42mg (9.49%), Phosphorus: 75.59mg (7.56%), Vitamin B2: 0.11mg (6.62%), Manganese: 0.13mg (6.5%), Iron: 0.92mg (5.14%), Vitamin K: 5.29µg (5.04%), Vitamin B6: 0.08mg (3.82%), Potassium: 121.86mg (3.48%), Vitamin B1: 0.05mg (3.4%), Magnesium: 12.74mg (3.18%), Vitamin B5: 0.29mg (2.89%), Calcium: 28.21mg (2.82%), Vitamin A: 139.76IU (2.8%), Copper: 0.05mg (2.72%), Folate: 10.88µg (2.72%), Vitamin C: 1.47mg (1.78%), Fiber: 0.41g (1.62%)