



Pepper Monkey Lamb Meatballs

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



119 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
- ☐ 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
- ☐ 3 tablespoons lawry's seasoned salt
- ☐ 1 cup pkt spinach cooked chopped
- ☐ 2 star anise
- ☐ 1 medium onion yellow finely chopped

Equipment

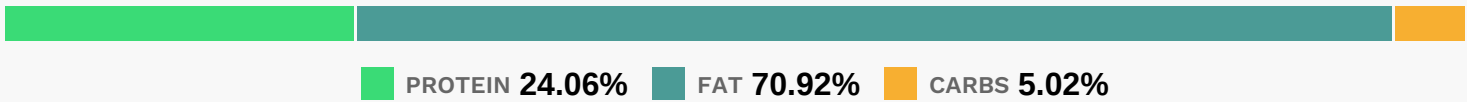
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer
- ☐ meat grinder

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 375°F 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 160°F 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:6.23, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:4.8060869457929%

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, 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: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 119.31kcal (5.97%), Fat: 9.33g (14.35%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.42g (0.47%), Cholesterol: 29.19mg (9.73%), Sodium: 479.12mg (20.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.25%), Vitamin B12: 0.93µg (15.48%), Vitamin B3: 2.34mg (11.69%), Selenium: 7.9µg (11.28%), Zinc: 1.42mg (9.47%), Phosphorus: 75.31mg (7.53%), Vitamin B2: 0.11mg (6.6%), Manganese: 0.13mg (6.31%), Iron: 0.92mg (5.11%), Vitamin K: 5.29µg (5.04%), Vitamin B6: 0.07mg (3.71%), Potassium: 121.05mg (3.46%), Vitamin B1: 0.05mg (3.38%), Magnesium: 12.68mg (3.17%), Vitamin B5: 0.29mg (2.88%), Vitamin A: 139.75IU (2.79%), Calcium: 27.69mg (2.77%), Folate: 10.87µg (2.72%), Copper: 0.05mg (2.68%), Vitamin C: 1.41mg (1.71%), Fiber: 0.4g (1.61%)