



Pesto Meatballs and Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1043 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black
- 0.5 cup bread crumbs dried
- 10 ounce couscous
- 1 large eggs
- 1.5 pounds ground beef
- 1.5 teaspoons kosher salt
- 3 tablespoons olive oil plus more for the pan
- 0.8 cup pesto store-bought

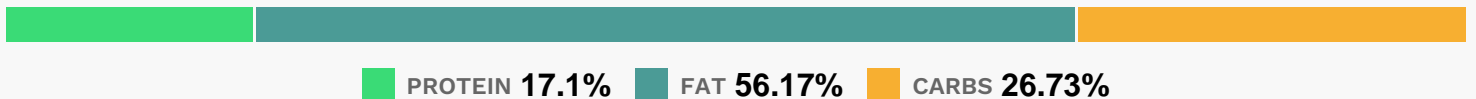
Equipment

- bowl
- oven
- baking pan
- toaster

Directions

- Heat toaster oven to 350 F.
- Drizzle 2 tablespoons of the oil over the toaster-oven baking tray and tilt to coat. In a large bowl, combine the beef, bread crumbs, 1/2 cup of the pesto, the egg, salt, and pepper. With your hands, mix just until combined. Shape the mixture into 12 meatballs, using about 1/4 cup for each.
- Transfer the meatballs to tray.
- Bake for 15 minutes. Turn and bake until cooked through, about 10 minutes more. Meanwhile, prepare the couscous according to the package directions. In a small bowl, combine the remaining pesto and oil. Spoon the mixture over the cooked meatballs and turn to coat. Divide the meatballs and couscous among individual plates and sprinkle with the Parmesan (if using).

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:33.41, Inflammation Score:-7, Nutrition Score:24.979130154071%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 1043.45kcal (52.17%), Fat: 64.09g (98.61%), Saturated Fat: 18.12g (113.24%), Carbohydrates: 68.64g (22.88%), Net Carbohydrates: 63.65g (23.15%), Sugar: 2.37g (2.64%), Cholesterol: 170.99mg (57%), Sodium: 1544.74mg (67.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.9g (87.79%), Vitamin B12: 3.8µg

(63.31%), Zinc: 8.06mg (53.75%), Vitamin B3: 10.57mg (52.86%), Selenium: 32.77µg (46.82%), Phosphorus: 436.86mg (43.69%), Manganese: 0.75mg (37.37%), Vitamin B6: 0.67mg (33.3%), Iron: 5.31mg (29.49%), Vitamin B2: 0.42mg (24.66%), Vitamin B1: 0.32mg (21.64%), Vitamin A: 1006.99IU (20.14%), Vitamin B5: 2.01mg (20.06%), Fiber: 4.99g (19.96%), Potassium: 625.89mg (17.88%), Magnesium: 68.07mg (17.02%), Copper: 0.33mg (16.4%), Vitamin E: 2.36mg (15.7%), Calcium: 156.5mg (15.65%), Folate: 46.47µg (11.62%), Vitamin K: 10.93µg (10.4%), Vitamin D: 0.42µg (2.8%)