



Quick Quinoa Meatballs

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



24

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black
- 0.5 teaspoon cayenne pepper
- 0.5 teaspoon parsley dried
- 2 large eggs
- 4 garlic cloves smashed
- 0.3 teaspoon ground cinnamon
- 1 pound ground pork
- 0.5 teaspoon oregano dried

- 0.5 teaspoon paprika
- 0.5 cup quinoa washed
- 0.5 cup shallots diced

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- mixing bowl
- kitchen thermometer

Directions

- Preheat the oven to 45
- Line a baking sheet with parchment paper.
- Put the quinoa and 1 cup water into a saucepan and bring to a boil. Once you have strong bubble action, reduce the heat to low, cover, and cook until the water is absorbed, 12 to 15 minutes. Check occasionally and stir to make sure no quinoa is burning at the bottom of the pan. Take the saucepan off the heat, transfer the quinoa to a medium mixing bowl, and allow it to cool for 10 minutes.
- While the quinoa is cooling, add all of the remaining ingredients to the bowl. Using your hands or a spoon, mix until all the ingredients are evenly distributed and well combined.
- Shape the meat mixture into balls that are a little smaller than a golf ball.
- Place them in even rows on the lined baking sheet.
- Place the sheet in the oven and cook the meatballs until they're slightly browned and crispy on top, 12 to 15 minutes. If you have a meat thermometer, the safe internal temperature for pork is 165.

Nutrition Facts



■ PROTEIN 24.07% ■ FAT 57.22% ■ CARBS 18.71%

Properties

Glycemic Index:6.21, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.3304348056731%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 73.51kcal (3.68%), Fat: 4.64g (7.14%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 2.93g (1.07%), Sugar: 0.42g (0.47%), Cholesterol: 29.11mg (9.7%), Sodium: 17.43mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin B1: 0.16mg (10.47%), Selenium: 6.37µg (9.1%), Phosphorus: 61.63mg (6.16%), Vitamin B6: 0.12mg (6.12%), Manganese: 0.11mg (5.53%), Vitamin B2: 0.08mg (4.56%), Vitamin B3: 0.9mg (4.5%), Zinc: 0.61mg (4.07%), Magnesium: 12.57mg (3.14%), Potassium: 101.41mg (2.9%), Vitamin B12: 0.17µg (2.82%), Folate: 11.29µg (2.82%), Iron: 0.5mg (2.79%), Vitamin B5: 0.24mg (2.37%), Copper: 0.04mg (1.98%), Fiber: 0.48g (1.93%), Vitamin A: 63.46IU (1.27%), Vitamin E: 0.17mg (1.11%), Calcium: 10.61mg (1.06%)