



Spicy meatballs

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g ground chicken minced
- ☐ 1 medium onion
- ☐ 2 garlic clove crushed chopped
- ☐ 2 tsp curry powder
- ☐ 2 tsp ground cumin
- ☐ 1 tsp garam masala
- ☐ 0.5 tsp ground pepper
- ☐ 2 tbsp cilantro leaves fresh chopped

- ☐ 1 eggs beaten
- ☐ 50 g breadcrumbs fresh
- ☐ 1 tbsp olive oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ oven mitt

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Put the mince into the mixing bowl.
- ☐ Add the onions, garlic, curry powder, cumin, garam masala, paprika or cayenne pepper and coriander, then mix well. By adding these spices, youll get a delicious flavour without having to add any salt.
- ☐ Add the beaten egg and breadcrumbs, then mix again.
- ☐ Divide the meat mixture into 15–18 evensized pieces and shape into balls (they should be about the size of a walnut). Always wash your hands thoroughly after handling raw meat so you dont transfer any germs that may be on the meat to other food or equipment.
- ☐ Heat the oil in the frying pan over a medium heat and add the meatballs using a spoon. Cook them for 5 mins, turning until golden brown.
- ☐ Remove from the pan and place them on to the tray.
- ☐ Bake in the oven for 15–20 mins.
- ☐ Remove from the oven. Remember to use oven gloves! Allow to cool slightly and serve with a fresh, crisp green salad, some pitta bread and tomato salsa.

Nutrition Facts



 **PROTEIN 34.3%**  **FAT 47.58%**  **CARBS 18.12%**

Properties

Glycemic Index:21.83, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:9.7678261528844%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 198.53kcal (9.93%), Fat: 10.55g (16.24%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 7.94g (2.89%), Sugar: 1.38g (1.53%), Cholesterol: 98.95mg (32.98%), Sodium: 124.17mg (5.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.12g (34.24%), Vitamin B3: 5.3mg (26.5%), Vitamin B6: 0.5mg (24.9%), Phosphorus: 189.61mg (18.96%), Selenium: 13.25µg (18.93%), Vitamin B2: 0.28mg (16.45%), Potassium: 518.18mg (14.81%), Vitamin B1: 0.19mg (12.75%), Vitamin B5: 1.1mg (10.98%), Iron: 1.94mg (10.76%), Zinc: 1.55mg (10.31%), Vitamin B12: 0.56µg (9.35%), Manganese: 0.19mg (9.34%), Magnesium: 28.44mg (7.11%), Vitamin E: 0.87mg (5.77%), Copper: 0.1mg (5.15%), Folate: 18.05µg (4.51%), Fiber: 1.11g (4.42%), Calcium: 40.11mg (4.01%), Vitamin K: 3.97µg (3.78%), Vitamin A: 126.51IU (2.53%), Vitamin C: 1.95mg (2.36%)