



WHATSheATE



Sweet and Spicy Greek Meatballs (Keftedes me Saltsa Domata)

 Dairy Free

READY IN



29 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 cinnamon sticks
- ☐ 1 cup couscous cooled cooked (see Cook's Note)
- ☐ 3 tablespoons mint leaves dried
- ☐ 1 eggs beaten at room temperature
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon ground cinnamon

- ☐ 1.5 teaspoons ground cumin
- ☐ 1 pound lamb
- ☐ 2 teaspoons kosher salt
- ☐ 25 ounce tomatoes
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1.5 tablespoons oregano dried
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 3 scallions chopped

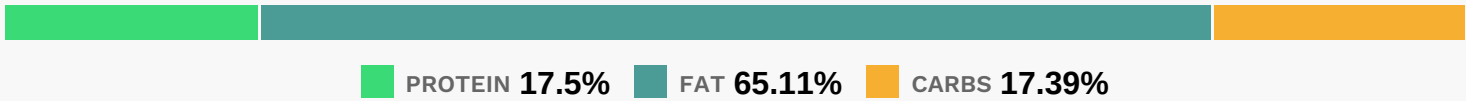
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ For the meatballs: In a large bowl, mix together the lamb, couscous, scallions, garlic, egg, parsley, olive oil, mint, oregano, salt, cumin, cinnamon, and cayenne pepper. Form the mixture into 15 to 16 (2-inch diameter) meatballs.
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add the meatballs and cook until brown on all sides, about 6 minutes.
- ☐ Add the marinara sauce, cinnamon sticks, and ground cinnamon. Bring the sauce to a boil and reduce the heat to a simmer. Cook, turning occasionally, until the meatballs are cooked through, 10 to 12 minutes. Discard the cinnamon sticks.
- ☐ Transfer the meatballs and sauce to a large bowl and serve.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:6.02, Inflammation Score:-9, Nutrition Score:20.30956525388%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 381.78kcal (19.09%), Fat: 28.19g (43.37%), Saturated Fat: 7.76g (48.48%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 12.35g (4.49%), Sugar: 4.56g (5.07%), Cholesterol: 80.96mg (26.99%), Sodium: 1404.4mg (61.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.04g (34.08%), Vitamin K: 73.89µg (70.37%), Manganese: 0.8mg (40.06%), Selenium: 21.85µg (31.22%), Vitamin B12: 1.68µg (28.05%), Vitamin E: 4.21mg (28.05%), Iron: 4.87mg (27.08%), Zinc: 3.77mg (25.15%), Vitamin B3: 4.88mg (24.41%), Vitamin B6: 0.45mg (22.4%), Vitamin A: 1010.55IU (20.21%), Potassium: 669.15mg (19.12%), Phosphorus: 185.46mg (18.55%), Fiber: 4.59g (18.37%), Vitamin C: 13.32mg (16.15%), Vitamin B2: 0.26mg (15.28%), Copper: 0.24mg (12.2%), Magnesium: 48.04mg (12.01%), Calcium: 108.34mg (10.83%), Vitamin B5: 1.01mg (10.06%), Folate: 38.54µg (9.64%), Vitamin B1: 0.1mg (6.43%), Vitamin D: 0.22µg (1.48%)