



Tagine Kefta Mkawra (Tagine of Meatballs in Tomato Sauce with Eggs)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 3 large eggs
- 3 tablespoons cilantro leaves fresh minced
- 3 tablespoons flat-leaf parsley fresh chopped
- 3 tablespoons flat-leaf parsley fresh finely chopped
- 2 garlic cloves minced
- 1 teaspoon ground cinnamon

- 1 teaspoon ground cumin
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground pepper red
- 1.5 pounds ground round
- 1 jalapeno seeded finely chopped
- 2 cups onion finely chopped
- 3 cups onion chopped
- 0.5 teaspoon salt
- 0.8 teaspoon salt
- 1 teaspoon sugar
- 1.5 pounds tomatoes chopped

Equipment

- bowl
- oven
- dutch oven
- broiler pan

Directions

- Preheat oven to 400
- To prepare meatballs, combine first 9 ingredients in a medium bowl. Shape mixture into (1-inch) meatballs; place on a broiler pan coated with cooking spray.
- Bake at 400 for 12 minutes or until done.
- To prepare sauce, heat a large Dutch oven coated with cooking spray over medium-high heat.
- Add 3 cups onion; cook 3 minutes, stirring occasionally. Stir in tomato, sugar, 1/2 teaspoon salt, garlic, and jalapeo; bring to a simmer over medium-high heat. Reduce heat to medium; cook 20 minutes, stirring occasionally. Stir in 3 tablespoons parsley and minced cilantro. Gently break eggs over simmering liquid; cover and cook 10 minutes or until the eggs are set.
- Garnish with cilantro sprigs, if desired.

Nutrition Facts

PROTEIN 35.89% FAT 40.16% CARBS 23.95%

Properties

Glycemic Index:65.68, Glycemic Load:4.56, Inflammation Score:-9, Nutrition Score:25.036956413932%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 27.98mg, Quercetin: 27.98mg, Quercetin: 27.98mg, Quercetin: 27.98mg

Nutrients (% of daily need)

Calories: 318.4kcal (15.92%), Fat: 14.23g (21.89%), Saturated Fat: 5.49g (34.34%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 14.96g (5.44%), Sugar: 9.56g (10.63%), Cholesterol: 166.71mg (55.57%), Sodium: 609.08mg (26.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.61g (57.22%), Vitamin K: 77.47µg (73.78%), Vitamin B12: 2.73µg (45.48%), Zinc: 6.26mg (41.77%), Vitamin C: 33.96mg (41.16%), Selenium: 27.46µg (39.23%), Vitamin B6: 0.74mg (37.15%), Vitamin B3: 6.73mg (33.67%), Phosphorus: 331.12mg (33.11%), Vitamin A: 1498.37IU (29.97%), Potassium: 907.42mg (25.93%), Manganese: 0.48mg (24.21%), Iron: 4.14mg (23%), Vitamin B2: 0.36mg (21.07%), Folate: 67.94µg (16.98%), Fiber: 4.13g (16.52%), Magnesium: 56.2mg (14.05%), Vitamin B5: 1.36mg (13.56%), Copper: 0.24mg (11.78%), Vitamin B1: 0.17mg (11.34%), Vitamin E: 1.43mg (9.52%), Calcium: 84.79mg (8.48%), Vitamin D: 0.61µg (4.09%)