



Tandoori Meatballs with Cilantro Raita

READY IN



80 min.

SERVINGS



8

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon cayenne
- 2 tablespoons cilantro leaves finely chopped
- 0.3 cup cucumber finely grated for garnish
- 1.5 teaspoons curry powder
- 2 large eggs lightly beaten
- 3 cloves garlic finely chopped
- 1 cup greek yogurt
- 1 pieces leaf lettuce green for serving
- 1 pound ground beef

- 8 servings kosher salt
- 1 small onion finely chopped
- 2 tablespoons panko breadcrumbs
- 1 teaspoon paprika
- 2 tablespoons tamarind chutney plus more for serving
- 2 tablespoons butter unsalted
- 8 servings vegetable oil for greasing baking sheet

Equipment

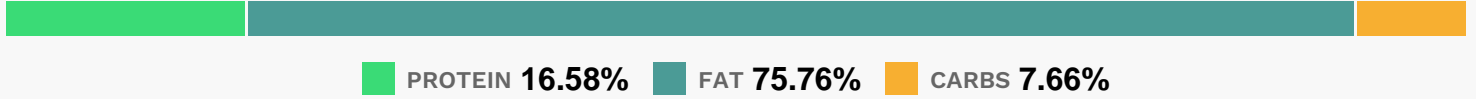
- bowl
- frying pan
- baking sheet
- oven
- plastic wrap

Directions

- Cook's Note: If tamarind chutney is unavailable, you can substitute apple butter with a bit of lemon juice and cayenne stirred in.
- Melt the butter in a small skillet over medium heat and cook the onions, stirring occasionally, until soft, about 5 minutes.
- Add 1/4 teaspoon salt, the curry powder and two-thirds of the garlic and continue cooking, stirring, until fragrant, about 30 seconds.
- Transfer the mixture to a large bowl and let cool.
- Lightly oil a rimmed baking sheet.
- Add the beef, 1/4 cup of the yogurt, the breadcrumbs, tamarind chutney, paprika, cayenne , if using, 1 1/4 teaspoons salt and the eggs to the onion mixture.
- Combine the ingredients using your hands. Form into 1 1/4- inch balls, rolling them lightly between your hands to shape.
- Place on the oiled baking sheet, cover loosely with plastic wrap and refrigerate at least 30 minutes or overnight.

- Preheat the oven to 425 degrees F.
- Bake the meatballs until browned, about 20 minutes.
- Meanwhile, stir together the remaining 3/4 cup yogurt, remaining garlic, 1/2 teaspoon salt and cilantro in a small bowl. Arrange each meatball on top of a piece of lettuce on a platter. Top with grated cucumber and a bit of tamarind chutney and serve with the yogurt dipping sauce.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:1.69, Inflammation Score:-3, Nutrition Score:9.9860869749733%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 352.45kcal (17.62%), Fat: 29.73g (45.73%), Saturated Fat: 8.76g (54.76%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 6.04g (2.2%), Sugar: 2.94g (3.26%), Cholesterol: 95.53mg (31.84%), Sodium: 279.33mg (12.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.27%), Vitamin K: 28.74µg (27.37%), Vitamin B12: 1.51µg (25.24%), Selenium: 15.82µg (22.6%), Zinc: 2.77mg (18.47%), Phosphorus: 164.88mg (16.49%), Vitamin B2: 0.24mg (13.97%), Vitamin B3: 2.76mg (13.8%), Vitamin B6: 0.26mg (13.16%), Vitamin E: 1.77mg (11.8%), Iron: 1.78mg (9.9%), Potassium: 270.4mg (7.73%), Vitamin A: 316.18IU (6.32%), Vitamin B5: 0.62mg (6.16%), Calcium: 60.38mg (6.04%), Vitamin B1: 0.08mg (5.64%), Magnesium: 21.58mg (5.4%), Folate: 18.01µg (4.5%), Manganese: 0.09mg (4.48%), Copper: 0.07mg (3.65%), Fiber: 0.73g (2.91%), Vitamin D: 0.36µg (2.39%), Vitamin C: 1.37mg (1.66%)