



Turkish Spiced Meatballs with Pomegranate Yogurt Sauce

READY IN



1500 min.

SERVINGS



42

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup flat parsley chopped
- ☐ 0.8 teaspoon ground allspice
- ☐ 1 pound ground beef (preferably shoulder)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 1 cup pomegranate juice

- ☐ 42 servings pomegranate seeds for garnish (2 tablespoons, or to taste)
- ☐ 0.5 teaspoon pepper hot (see Cooks' notes)
- ☐ 2 cups greek yogurt plain
- ☐ 2 slices sandwich bread white firm

Equipment

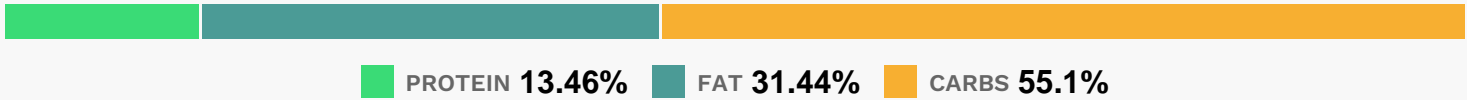
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ sieve
- ☐ toothpicks
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Put yogurt in a paper towel-lined sieve set over a bowl and keep covered and chilled 8 to 12 hours.
- ☐ Boil pomegranate juice in a small heavy saucepan until syrupy and reduced to about 2 tablespoons, about 10 minutes. Keep warm off heat, covered.
- ☐ Soak whole slices of bread for 30 minutes in a mixing bowl filled with water, then fold and squeeze gently to remove as much water as possible.
- ☐ Pulse onion in a food processor until finely chopped, then add parsley and pulse again until finely chopped.
- ☐ Add lamb, bread (torn into pieces), allspice, red-pepper flakes, cinnamon, and 1/2 teaspoon salt and pulse, stopping and scraping down sides, until combined. (Do not overblend.)

- ☐ Roll level tablespoons of meat mixture into balls (about 42), arranging them on plates or on another sheet pan.
- ☐ Preheat oven to 350°F with rack in middle. Line a large, rimmed sheet pan with foil.
- ☐ Heat olive oil and vegetable oil together in a 12-inch nonstick skillet over medium-high heat until oils shimmer (put one meatball in to test; it should sizzle). Brown meatballs all over in batches of 10 to 12, turning occasionally with a spoon or shaking skillet (lower heat if oil begins to smoke), about 2 minutes per batch.
- ☐ Transfer, as browned, to lined sheet pan.
- ☐ Once all meatballs are browned, transfer the sheet pan to the oven and bake until meatballs are cooked through (cut one open to look, or use an instant-read thermometer; it should register 160°F), 10 to 15 minutes.
- ☐ Drain briefly on paper towels.
- ☐ Spoon drained yogurt into a small serving bowl and drizzle with pomegranate syrup, then swirl it in briefly with a spoon.
- ☐ Sprinkle some pomegranate seeds over top. Spear each meatball with a toothpick and serve yogurt alongside for dipping.
- ☐ •Although we call for supermarket-style hot pepper flakes, if you want to be really authentic, substitute Turkish Maras or Urfa pepper, or Syrian Aleppo pepper. •Meatballs can be formed 1 day ahead and kept chilled. They can also be cooked 1 day ahead then chilled once cooled completely. Reheat in a 350°F oven until warmed through, about 10 minutes. •Yogurt can be drained 5 days ahead and kept chilled, covered. Pomegranate syrup can be made 5 days ahead and chilled, covered. Rewarm until pourable.

Nutrition Facts



Properties

Glycemic Index:5.26, Glycemic Load:9.03, Inflammation Score:-2, Nutrition Score:6.1608695468825%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg,

Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 124.68kcal (6.23%), Fat: 4.62g (7.11%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 14.63g (5.32%), Sugar: 13.12g (14.58%), Cholesterol: 8.14mg (2.71%), Sodium: 20.25mg (0.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin K: 23.8µg (22.67%), Fiber: 3.58g (14.32%), Vitamin C: 9.65mg (11.7%), Folate: 38.29µg (9.57%), Potassium: 267.95mg (7.66%), Copper: 0.15mg (7.51%), Phosphorus: 64.21mg (6.42%), Manganese: 0.12mg (6.23%), Vitamin B6: 0.11mg (5.64%), Zinc: 0.83mg (5.55%), Vitamin B2: 0.09mg (5.52%), Vitamin E: 0.82mg (5.46%), Vitamin B12: 0.3µg (4.96%), Vitamin B1: 0.07mg (4.88%), Selenium: 3.31µg (4.72%), Vitamin B5: 0.44mg (4.41%), Vitamin B3: 0.81mg (4.07%), Magnesium: 14.56mg (3.64%), Iron: 0.57mg (3.15%), Calcium: 25.86mg (2.59%)