



Venison Curry Meatballs in Sun-Dried Tomato Phyllo Cups



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons curry powder
- ☐ 2 eggs
- ☐ 2 teaspoons parsley leaves fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 pound ground venison
- ☐ 1 jar chutney (approximately 8 ounces) (recommended: Major Grey's)

- ☐ 1 medium onion finely chopped
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 16 sun-dried tomato phyllo cups (available at gourmet stores)

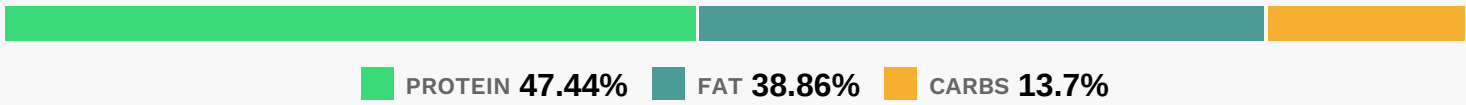
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Mix together venison, curry powder, onion, garlic, parsley, rosemary and eggs.
- ☐ Roll into small cocktail-sized meatballs.
- ☐ Place on a baking sheet, and bake in oven until brown and cooked through, about 20 to 25 minutes.
- ☐ Let rest. Take sun-dried phyllo cups, spoon chutney into each cup, place meatball on top and serve.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.89, Inflammation Score:-2, Nutrition Score:9.2730433422586%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 123.7kcal (6.18%), Fat: 5.31g (8.16%), Saturated Fat: 2.29g (14.31%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 3.27g (1.19%), Sugar: 2.15g (2.39%), Cholesterol: 86.28mg (28.76%), Sodium: 65.31mg (2.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.15%), Vitamin B1: 0.34mg (22.99%), Vitamin B12: 1.16µg (19.3%), Vitamin B3: 3.64mg (18.21%), Zinc: 2.66mg (17.71%), Vitamin B6: 0.33mg (16.35%), Phosphorus:

157.05mg (15.7%), Vitamin B2: 0.24mg (14.04%), Selenium: 9.53µg (13.62%), Iron: 2.41mg (13.41%), Potassium: 371.84mg (10.62%), Copper: 0.16mg (7.86%), Manganese: 0.15mg (7.47%), Vitamin B5: 0.67mg (6.66%), Magnesium: 24.01mg (6%), Fiber: 0.94g (3.74%), Vitamin C: 2.93mg (3.55%), Folate: 13.63µg (3.41%), Vitamin K: 3.57µg (3.4%), Vitamin E: 0.49mg (3.24%), Calcium: 24.22mg (2.42%), Vitamin A: 105.59IU (2.11%), Vitamin D: 0.22µg (1.47%)