



Greek-style Meatballs

Prep Time 15 mins
 Total Time 30 mins
 Meal Type Lunch, Dinner
 Contributed By



Source Living Plate Teaching Kitchen

Servings 8



Ingredients

lb,c g,ml

- 1 lb beef, ground
- 1 lb lamb, ground
- 1/2 cups onion, sweet, *minced*
- 4 cloves garlic, *minced*
- 4 Tbs mint, fresh, *chopped*
- 4 Tbs parsley, fresh, *chopped*
- 2 tsp oregano, dried
- 1 tsp cumin, ground
- 2 eggs
- 2/3 cups almond meal
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Preheat oven to 400° F and line a baking sheet with aluminum foil then parchment-paper. The aluminum foil will capture excess fat that cooks off the meatballs.
2. Place ground meat in a bowl and break up with fingers.
3. Mince onion and garlic.
4. Chop mint and parsley.

Make

1. Add onion, garlic, mint, parsley, oregano, and cumin to bowl with ground meat. Massage until well incorporated.
2. Add the egg and almond meal and massage into the meat mixture.
3. Season with salt and pepper as desired [1/2 tsp. would be reasonable for this amount of meat].
4. Using an ice cream scoop or a spoon and your palms, form mixture into meatballs and place on baking sheet about 1" apart.
5. Bake for about 20 minutes until the internal temperature reaches 160° F.
6. Recommended serving: fresh cucumber salad with plain Greek yogurt

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	383	Total Fat 28.0g	43%	Total Carbohydrates 4g	1%
		Saturated Fat 9.9g	49%	Dietary Fiber 2g	6%
		Trans Fat 0.3g		Total Sugars 1g	
		Cholesterol 138mg	45%	Protein 28g	
		Sodium 95mg	4%		
Vitamin D 0mcg 3% · Calcium 68mg 6% · Iron 3mg 18% · Potassium 437mg 9%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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