

Lamb-Mango Curry Meatballs

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Yield: 14 meatballs

*1 pound ground lamb
1/2 cup plain dry breadcrumbs
1/3 cup mango chutney
1/4 cup golden raisins
1/2 cup chopped cilantro
1 large beaten egg
1 1/2 teaspoons curry powder
1 1/2 teaspoons Kosher salt
1/2 teaspoon garam masala OR one
pinch of cinnamon (optional)
1/2 teaspoon cumin seeds
1/4 teaspoon cayenne pepper (or more
to taste)*

Bake: 25 minutes

Preheat the oven to 425 degrees.

In a bowl, combine all of the ingredients.

Mix gently with your hands until just blended.

Roll into golf-ball-size rounds. Place on parchment-lined baking sheets.

Roast until cooked through and golden, about 20 to 25 minutes.

Per Serving (excluding unknown items): 1628 Calories; 107g Fat (59.5% calories from fat); 77g Protein; 87g Carbohydrate; 5g Dietary Fiber; 331mg Cholesterol; 3121mg Sodium. Exchanges: 0 Grain(Starch); 11 Lean Meat; 5 1/2 Fruit; 14 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	1628
% Calories from Fat:	59.5%
% Calories from Carbohydrates:	21.4%
% Calories from Protein:	19.0%
Total Fat (g):	107g
Saturated Fat (g):	46g
Monounsaturated Fat (g):	44g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	331mg
Carbohydrate (g):	87g

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	10.5mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	99mcg
Niacin (mg):	28mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Dietary Fiber (g): 5g
Protein (g): 77g
Sodium (mg): 3121mg
Potassium (mg): 1510mg
Calcium (mg): 134mg
Iron (mg): 10mg
Zinc (mg): 16mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 1315IU
Vitamin A (r.e.): 110 1/2RE

Grain (Starch): 0
Lean Meat: 11
Vegetable: 0
Fruit: 5 1/2
Non-Fat Milk: 0
Fat: 14
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1628 Calories from Fat: 969

% Daily Values*

Total Fat	107g		165%
	Saturated Fat	46g	232%
Cholesterol	331mg		110%
Sodium	3121mg		130%
Total Carbohydrates	87g	5g	29%
	Dietary Fiber		21%
Protein	77g		
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Vitamin A			26%
Vitamin C			15%
Calcium			13%
Iron			55%

** Percent Daily Values are based on a 2000 calorie diet.*