



Asian Meatball Subs With Hoisin Mayonnaise

READY IN



120 min.

SERVINGS



4

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 inch long pieces baguette split
- 1 cup bean sprouts
- 3 teaspoons asian chili-garlic sauce
- 1 large eggs lightly beaten
- 0.3 cup cilantro leaves fresh chopped
- 3 large cloves garlic finely grated
- 1 tablespoon ginger finely grated peeled (a 2-inch piece)
- 1.3 pounds ground pork
- 0.5 cup hoisin sauce

- 4 servings kosher salt and pepper freshly ground
- 2.5 tablespoons juice of lime fresh
- 0.3 cup mayonnaise
- 1.5 tablespoons milk
- 5 scallions white green separated
- 1.5 teaspoons sesame oil toasted
- 1 teaspoon soya sauce
- 4 servings vegetable oil for frying
- 0.3 cup water chestnuts rinsed drained chopped
- 1 slice sandwich bread white

Equipment

- bowl
- baking sheet
- paper towels
- sauce pan
- plastic wrap
- kitchen thermometer

Directions

- Tear the sandwich bread into small pieces, then toss with the milk and soy sauce in a large bowl.
- Let stand 10 minutes.
- Meanwhile, mince the scallion whites.
- Cut the scallion greens into thin 2-inch-long strands.
- Put the strands in a bowl of ice water and refrigerate while you make the meatballs.
- Add the scallion whites, pork, garlic, ginger, water chestnuts, egg, cilantro, 1 teaspoon sesame oil, 1 1/4 teaspoons salt and 1/2 teaspoon pepper to the bowl with the bread; mix until combined. Gently form into 16 golf ball-size meatballs.

- Put the meatballs on a baking sheet, cover with plastic wrap and refrigerate 1 to 4 hours.
- Stir the hoisin sauce, mayonnaise, 1 1/2 tablespoons lime juice, the chili-garlic sauce and the remaining 1/2 teaspoon sesame oil in a medium bowl. Cover and refrigerate until ready to serve.
- Heat about 1 1/2 inches peanut oil in a large, wide saucepan over medium heat until a deep-fry thermometer registers 350 degrees F.
- Add the meatballs in batches and cook, turning occasionally, until browned and cooked through, 8 to 10 minutes.
- Transfer to a paper towel-lined plate to drain.
- Drain the scallion greens and toss with the bean sprouts, the remaining 1 tablespoon lime juice and a pinch of salt in a bowl.
- Spread the hoisin mayonnaise on the inside of the baguette pieces, then fill with the meatballs and top with the scallion-sprout mixture.
- Photographs by Con Poulos

Nutrition Facts

PROTEIN 17.62% **FAT 61.7%** **CARBS 20.68%**

Properties

Glycemic Index:89.63, Glycemic Load:8.69, Inflammation Score:-6, Nutrition Score:25.382174097973%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 705.75kcal (35.29%), Fat: 48.18g (74.13%), Saturated Fat: 14.3g (89.38%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 32.93g (11.98%), Sugar: 13.99g (15.55%), Cholesterol: 156.14mg (52.05%), Sodium: 1354.18mg (58.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.96g (61.92%), Vitamin B1: 1.23mg (81.74%), Vitamin K: 72.86µg (69.39%), Selenium: 45.08µg (64.4%), Vitamin B3: 8.17mg (40.83%), Vitamin B6: 0.73mg (36.61%), Vitamin B2: 0.61mg (35.74%), Phosphorus: 351.63mg (35.16%), Zinc: 3.96mg (26.39%), Iron: 3.5mg (19.44%), Manganese: 0.39mg (19.29%), Folate: 76.98µg (19.24%), Vitamin B12: 1.15µg (19.18%), Potassium: 657.78mg (18.79%),

Vitamin B5: 1.5mg (15.01%), Vitamin C: 11.72mg (14.21%), Magnesium: 56.79mg (14.2%), Fiber: 3.39g (13.57%), Copper: 0.25mg (12.58%), Calcium: 100.03mg (10%), Vitamin E: 1.32mg (8.8%), Vitamin A: 347.63IU (6.95%), Vitamin D: 0.34µg (2.27%)