



Asian Meatballs

 Dairy Free

READY IN



280 min.

SERVINGS



40

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup barbecue sauce
- ☐ 0.5 cup breadcrumbs fresh
- ☐ 0.5 cup duck
- ☐ 1 large eggs beaten
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh finely chopped
- ☐ 1 Tbsp garlic clove finely chopped

- ☐ 1.5 pounds ground pork
- ☐ 0.3 cup hoisin sauce
- ☐ 0.5 cup sauce sweet sour
- ☐ 1 teaspoon jalapeno (seeds removed) finely chopped
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 0.5 small onion finely chopped
- ☐ 0.3 cup spring onion (light white green thinly sliced)
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup water chestnuts finely chopped

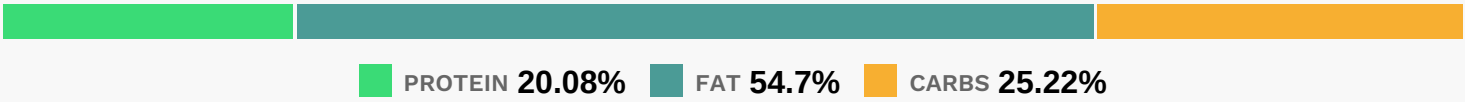
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slow cooker

Directions

- ☐ Make meatballs: Preheat oven to 375F. Mist a large, rimmed baking sheet with cooking spray. In a large bowl, combine all meatball ingredients and mix gently but thoroughly with your fingers. Using wet hands, shape mixture into 1 1/4-inch balls and place on baking sheet.
- ☐ Bake for 20 minutes, until meatballs are slightly browned on the outside, shaking pan occasionally.
- ☐ In a large bowl, combine all sauce ingredients except scallions, stirring well.
- ☐ Place meatballs in slow cooker, pour sauce over and stir gently. Cover and cook on low for 4 hours. Turn heat to warm setting and serve meatballs directly from slow cooker or, alternatively, transfer meatballs to a serving platter or bowl.
- ☐ Garnish with scallions and serve.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.5873913065247%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 76.26kcal (3.81%), Fat: 4.59g (7.06%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4.48g (1.63%), Sugar: 2.59g (2.88%), Cholesterol: 18.28mg (6.09%), Sodium: 202.42mg (8.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin B1: 0.14mg (9.66%), Selenium: 5.27µg (7.53%), Vitamin B3: 1.02mg (5.12%), Vitamin B6: 0.09mg (4.44%), Phosphorus: 42.75mg (4.28%), Vitamin B2: 0.07mg (3.9%), Zinc: 0.48mg (3.17%), Vitamin B12: 0.14µg (2.35%), Potassium: 82.22mg (2.35%), Iron: 0.4mg (2.22%), Manganese: 0.04mg (2.05%), Vitamin K: 2.12µg (2.02%), Vitamin B5: 0.18mg (1.78%), Magnesium: 6.59mg (1.65%), Copper: 0.03mg (1.42%), Folate: 5.04µg (1.26%), Fiber: 0.28g (1.1%)