



Asian Meatballs with Sesame Lime Dipping Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup water chestnuts canned rinsed drained sliced finely chopped
- ☐ 0.5 cup cilantro plus fresh chopped
- ☐ 0.3 cup bread crumbs dry fine
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 pound ground pork
- ☐ 0.8 pound ground veal
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 servings accompaniment: rice white steamed

- ☐ 0.5 teaspoon salt
- ☐ 4 teaspoons asian sesame oil
- ☐ 5 tablespoons soya sauce
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons water
- ☐ 0.3 cup milk whole

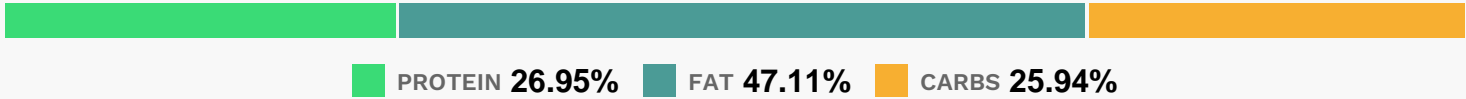
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 500°F.
- ☐ Pour milk over bread crumbs in a large bowl and stir until liquid is absorbed.
- ☐ Add ground meat, egg, water chestnuts, salt, chopped cilantro, 1 tablespoon soy sauce, and 2 teaspoons oil and mix with your hands until combined well. Shape 3 tablespoons meat mixture into a ball and transfer to a 13- by 9-inch glass baking dish. Make more meatballs with remaining mixture, arranging meatballs about 1/2 inch apart in baking dish.
- ☐ Bake until cooked through, about 15 minutes.
- ☐ Meanwhile, stir together lime juice, water, sugar, remaining 4 tablespoons soy sauce, and remaining 2 teaspoons oil in a bowl until sugar is dissolved.
- ☐ Transfer meatballs to a serving dish. Stir sauce, then drizzle meatballs with 1 tablespoon sauce and sprinkle with cilantro sprigs.
- ☐ Serve meatballs with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:66.02, Glycemic Load:25.75, Inflammation Score:-4, Nutrition Score:23.470000101172%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 583.47kcal (29.17%), Fat: 30.11g (46.32%), Saturated Fat: 10.46g (65.38%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 35.3g (12.84%), Sugar: 4.85g (5.38%), Cholesterol: 179.3mg (59.77%), Sodium: 1743.5mg (75.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.74g (77.49%), Vitamin B3: 11.94mg (59.69%), Selenium: 40.09µg (57.28%), Vitamin B1: 0.81mg (53.77%), Vitamin B6: 0.91mg (45.38%), Phosphorus: 446.48mg (44.65%), Zinc: 5.46mg (36.42%), Vitamin B2: 0.59mg (34.99%), Vitamin B12: 1.95µg (32.54%), Manganese: 0.64mg (31.99%), Vitamin B5: 2.44mg (24.44%), Potassium: 711.97mg (20.34%), Iron: 3.12mg (17.35%), Magnesium: 64.75mg (16.19%), Copper: 0.29mg (14.72%), Folate: 39.36µg (9.84%), Calcium: 79.68mg (7.97%), Fiber: 1.99g (7.95%), Vitamin K: 7.4µg (7.05%), Vitamin E: 0.74mg (4.93%), Vitamin C: 3.95mg (4.79%), Vitamin A: 236.87IU (4.74%), Vitamin D: 0.42µg (2.79%)