



Asian Pork Meatballs

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



8

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 head boston lettuce separated
- 2 teaspoons cornstarch
- 2 large eggs plus 1 egg white
- 3 cloves garlic minced
- 1 tablespoon ginger finely grated peeled
- 3 cups cabbage green thinly sliced ()
- 1.5 pounds ground pork
- 0.5 cup hoisin sauce

- 8 servings kosher salt
- 3 tablespoons soya sauce low-sodium
- 1 teaspoon rice vinegar
- 4 scallions minced
- 1 tablespoon sesame oil toasted
- 3 tablespoons sesame seed
- 8 ounces mushroom caps thinly sliced
- 2 teaspoons sriracha chile sauce
- 1 tablespoon sugar
- 2 teaspoons sugar
- 2 tablespoons vegetable oil
- 8 servings pepper white freshly ground

Equipment

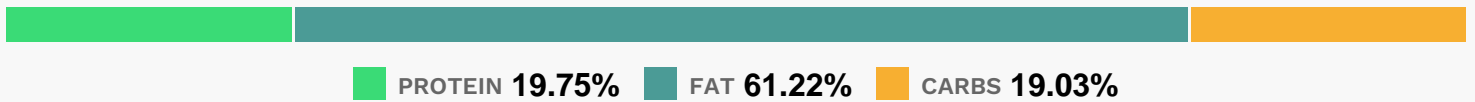
- bowl
- frying pan
- baking sheet
- baking paper
- oven

Directions

- Make the meatballs: Preheat the oven to 400 degrees F and line a baking sheet with parchment paper.
- Heat 1 tablespoon vegetable oil in a large nonstick skillet over medium-high heat.
- Add the cabbage and season with 1/4 teaspoon salt; cook, stirring occasionally, until softened, about 4 minutes.
- Transfer the cabbage to a plate to cool. Wipe out the pan, then add the remaining 1 tablespoon vegetable oil and the mushrooms. Season with 1/4 teaspoon salt and a few grinds of pepper and cook, stirring occasionally, until lightly browned, about 5 minutes.
- Transfer the mushrooms to the plate with the cabbage to cool.

- Lightly beat the eggs and egg white in a large bowl.
- Add the pork, scallions, garlic, ginger, soy sauce, sesame oil, sugar and cornstarch.
- Add the cabbage, mushrooms and a few grinds of pepper and mix with your hands until just combined (do not overmix). Dampen your hands and shape the meat mixture into 18 balls (about 2 inches each); arrange on the prepared baking sheet.
- Mix the hoisin sauce, Sriracha, vinegar, sugar and 1 tablespoon water in a bowl; set aside 1/2 cup for serving.
- Brush the meatballs with the remaining sauce and sprinkle with the sesame seeds.
- Bake until cooked through, 18 to 22 minutes.
- Serve in lettuce leaves with the reserved sauce.
- Photograph by Christina Holmes

Nutrition Facts



Properties

Glycemic Index:47.27, Glycemic Load:2.85, Inflammation Score:-7, Nutrition Score:18.379565435907%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 372.74kcal (18.64%), Fat: 25.56g (39.33%), Saturated Fat: 7.8g (48.76%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 14.69g (5.34%), Sugar: 9.17g (10.19%), Cholesterol: 61.75mg (20.58%), Sodium: 786.05mg (34.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.11%), Vitamin K: 59.83µg (56.98%), Vitamin B1: 0.69mg (45.88%), Selenium: 26.06µg (37.22%), Vitamin B3: 5.39mg (26.95%), Vitamin B6: 0.52mg (26.25%), Phosphorus: 238.69mg (23.87%), Vitamin B2: 0.39mg (22.94%), Manganese: 0.41mg (20.7%), Zinc: 2.65mg (17.68%), Vitamin C: 13.72mg (16.63%), Vitamin A: 769.34IU (15.39%), Potassium: 520.17mg (14.86%), Copper: 0.27mg (13.27%), Iron: 2.35mg (13.05%), Fiber: 3.19g (12.78%), Magnesium: 51.06mg (12.77%), Folate: 48.16µg (12.04%), Vitamin B5: 1.14mg (11.42%), Vitamin B12: 0.6µg (10.05%), Calcium: 79.3mg (7.93%), Vitamin E: 0.5mg (3.31%)