



Asian pork meatballs



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp clear honey
- ☐ 3 tbsp fish sauce
- ☐ 450 g fatty pork minced
- ☐ 4 spring onion finely chopped
- ☐ 1 small garlic clove crushed
- ☐ 2 tsp lemongrass finely chopped
- ☐ 1 tsp cornflour
- ☐ 1 tbsp mint leaves fresh finely chopped

- ☐ 2 tbsp coriander fresh finely chopped
- ☐ 4 servings olive oil for frying
- ☐ 1 tsp coriander fresh chopped
- ☐ 3 spring onion finely sliced
- ☐ 2 tbsp juice of lime
- ☐ 2 tbsp soya sauce light
- ☐ 1 tsp sesame oil

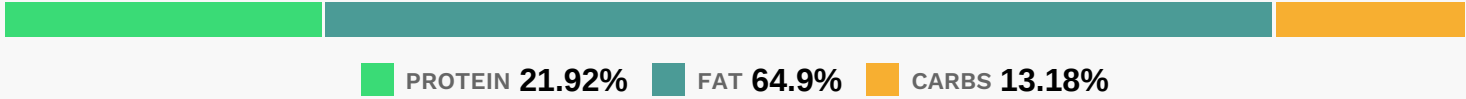
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Make the meatballs. Gently warm the honey in a non-stick frying pan, add the fish sauce and stir to make a syrup. Leave to cool.
- ☐ Put pork in a bowl and fold in honey syrup, spring onions, garlic, lemongrass, cornflour, mint and coriander.
- ☐ Mix and season with salt and lots of black pepper.
- ☐ Shape into 20 balls and put on a tray lined with greaseproof paper. Chill for 30 mins. To make the sauce, mix all the ingredients together, then set aside.
- ☐ Brush the balls with olive oil and fry for 3-4 mins each side.
- ☐ Serve with the sauce.

Nutrition Facts



Properties

Glycemic Index:56.32, Glycemic Load:4.97, Inflammation Score:-5, Nutrition Score:15.693913034771%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 385.06kcal (19.25%), Fat: 27.83g (42.82%), Saturated Fat: 9.41g (58.82%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 11.99g (4.36%), Sugar: 9.89g (10.99%), Cholesterol: 81mg (27%), Sodium: 1629.91mg (70.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.29%), Vitamin B1: 0.85mg (56.41%), Vitamin K: 46.06µg (43.87%), Selenium: 29.32µg (41.88%), Vitamin B3: 5.7mg (28.51%), Vitamin B6: 0.53mg (26.55%), Phosphorus: 220.88mg (22.09%), Vitamin B2: 0.31mg (18.27%), Zinc: 2.68mg (17.85%), Vitamin B12: 0.85µg (14.21%), Magnesium: 54.49mg (13.62%), Potassium: 463.14mg (13.23%), Iron: 1.77mg (9.82%), Vitamin C: 7.54mg (9.14%), Manganese: 0.18mg (8.78%), Vitamin B5: 0.84mg (8.41%), Folate: 29.52µg (7.38%), Vitamin A: 254.89IU (5.1%), Copper: 0.1mg (4.92%), Calcium: 43mg (4.3%), Vitamin E: 0.56mg (3.71%), Fiber: 0.73g (2.91%)