



Bacon-Pork Pops on Lemongrass Sticks

READY IN

ready

35 min.

SERVINGS

servings

12

CALORIES

calories

189 kcal

Ingredients

- ☐ 0.5 pound bacon thin-cut minced
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 2 cloves garlic grated
- ☐ 1 teaspoon ginger grated peeled
- ☐ 12 servings kosher salt and pepper freshly ground
- ☐ 4 stalks lemongrass cut into twelve 4-inch sticks
- ☐ 1 pound ground pork butt
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 12 servings chili sauce sweet for dipping

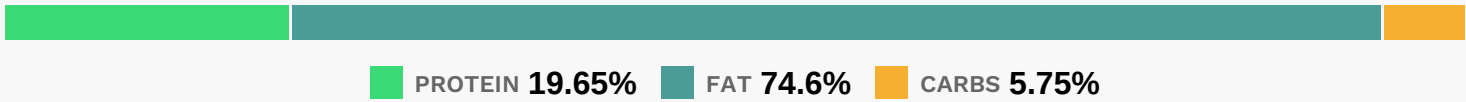
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat the broiler. Lightly mix the bacon, ground pork, garlic, cilantro, ginger, sugar and soy sauce in a large bowl and season with salt and pepper.
- ☐ Dampen your hands. Form the meat into 12 balls. Thread a piece of lemongrass halfway through each ball; press the meat mixture down the stalk to form a sausage-like shape, leaving some of the stalk uncovered for the handle.
- ☐ Put the pops on a foil-lined broiler pan and broil until golden brown, 3 to 4 minutes per side.
- ☐ Serve with sweet chili sauce.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:5.877391261899%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 189.2kcal (9.46%), Fat: 15.55g (23.92%), Saturated Fat: 5.49g (34.34%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.65g (0.96%), Sugar: 0.87g (0.97%), Cholesterol: 39.69mg (13.23%), Sodium: 518.08mg (22.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.43%), Vitamin B1: 0.33mg (22.33%), Selenium: 13.23µg (18.9%), Manganese: 0.29mg (14.57%), Vitamin B3: 2.58mg (12.89%), Vitamin B6: 0.21mg (10.58%), Phosphorus: 103.15mg (10.32%), Zinc: 1.19mg (7.91%), Vitamin B2: 0.12mg (6.83%), Vitamin B12: 0.36µg (5.98%), Potassium: 191.33mg (5.47%), Iron: 0.9mg (5.01%), Vitamin B5: 0.37mg (3.75%), Magnesium: 13.86mg (3.47%), Copper: 0.04mg (2.22%), Folate: 6.23µg (1.56%), Calcium: 11.16mg (1.12%)