


 4%
HEALTH SCORE

Basil Chicken Meatballs with Ponzu Sauce

 Dairy Free

READY IN

19 min.

SERVINGS

8

CALORIES

198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons basil
- 2 tablespoons basil
- 2 large egg whites lightly beaten
- 1.5 teaspoons fish sauce
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 2 teaspoons garlic minced
- 0.3 cup spring onion chopped

- 1 tablespoon spring onion chopped
- 1.5 pounds ground chicken
- 1 tablespoon juice of lemon fresh
- 0.3 cup soy sauce
- 1.5 teaspoons mirin sweet (rice wine)
- 2 tablespoons orange juice fresh
- 0.7 cup panko bread crumbs
- 1 Dash pepper red crushed
- 2 tablespoons chilli sauce sweet
- 0.3 cup coconut sweetened flaked
- 0.3 cup coconut sweetened flaked
- 1.5 teaspoons water

Equipment

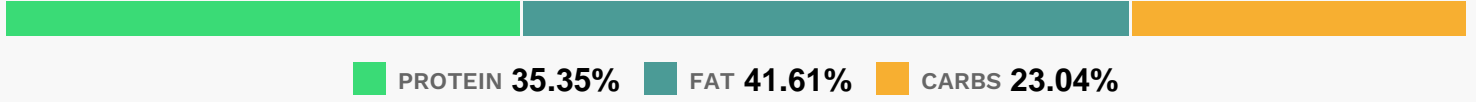
- bowl
- frying pan
- oven
- broiler pan

Directions

- Preheat oven to 42
- To prepare meatballs, combine first 9 ingredients in a large bowl; shape mixture into 16 (1 1/2-inch) meatballs.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add 8 meatballs to pan, and cook for 6 minutes, browning on all sides.
- Remove meatballs from pan, and arrange on the rack of a broiler pan coated with cooking spray. Repeat procedure with the remaining 8 meatballs.
- Bake at 425 for 7 minutes or until done.

- To prepare the sauce, combine soy sauce, basil leaves, green onions, juices, 1 1/2 teaspoons water, mirin, and red pepper in a small bowl.
- Serve sauce with meatballs.
- Garnish with basil leaves and additional chopped green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:0.37, Inflammation Score:0, Nutrition Score:10.140434783438%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 198.32kcal (9.92%), Fat: 9.24g (14.22%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 10.33g (3.76%), Sugar: 5.82g (6.46%), Cholesterol: 73.14mg (24.38%), Sodium: 547.33mg (23.8%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 17.67g (35.34%), Vitamin B3: 5.32mg (26.58%), Vitamin B6: 0.48mg (23.97%), Phosphorus: 186.14mg (18.61%), Selenium: 13.01µg (18.59%), Vitamin K: 19.44µg (18.52%), Vitamin B2: 0.29mg (17.03%), Potassium: 555.74mg (15.88%), Manganese: 0.21mg (10.73%), Vitamin B5: 1.03mg (10.32%), Vitamin B1: 0.15mg (10.3%), Zinc: 1.49mg (9.92%), Magnesium: 35.17mg (8.79%), Vitamin B12: 0.51µg (8.44%), Iron: 1.33mg (7.39%), Copper: 0.11mg (5.64%), Vitamin C: 4.27mg (5.17%), Fiber: 1.18g (4.73%), Folate: 16.68µg (4.17%), Vitamin A: 179.39IU (3.59%), Calcium: 27.72mg (2.77%), Vitamin E: 0.31mg (2.09%)