



Basil Chicken Meatballs with Ponzu Sauce

 Dairy Free

READY IN



19 min.

SERVINGS



8

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons basil
- ☐ 2 large egg whites lightly beaten
- ☐ 1.5 teaspoons fish sauce
- ☐ 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 rice wine 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
- ☐ 1.5 teaspoons water

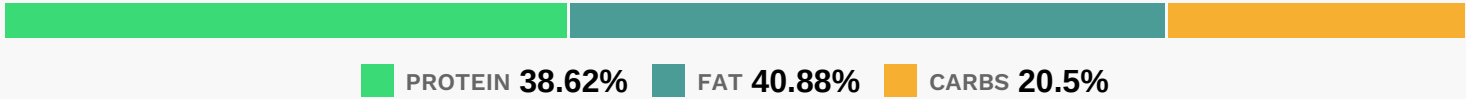
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 425
- ☐ 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:35.75, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:9.4747826223788%

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: 181.76kcal (9.09%), Fat: 8.24g (12.68%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 8.49g (3.09%), Sugar: 4.29g (4.77%), Cholesterol: 73.14mg (24.38%), Sodium: 530.23mg (23.05%), Alcohol: 0.15g (100%), Alcohol %: 0.15% (100%), Protein: 17.52g (35.05%), Vitamin B3: 5.28mg (26.4%), Vitamin B6: 0.48mg (23.83%), Phosphorus: 181.97mg (18.2%), Selenium: 12.45µg (17.79%), Vitamin B2: 0.29mg (16.95%), Potassium: 539.58mg (15.42%), Vitamin K: 14.25µg (13.57%), Vitamin B1: 0.15mg (10.24%), Vitamin B5: 1.02mg (10.24%), Zinc: 1.45mg (9.69%), Vitamin B12: 0.51µg (8.44%), Manganese: 0.17mg (8.25%), Magnesium: 32.62mg (8.15%), Iron: 1.24mg (6.88%), Vitamin C: 4.04mg (4.9%), Copper: 0.1mg (4.88%), Folate: 15.72µg (3.93%), Fiber: 0.81g (3.25%), Calcium: 25.15mg (2.52%), Vitamin A: 117.09IU (2.34%), Vitamin E: 0.31mg (2.05%)