



Beer Mi Asian Meatball Subs

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup sugar
- ☐ 1 cup carrots grated
- ☐ 1 cup cucumber thinly sliced
- ☐ 1 lb ground pork
- ☐ 0.3 cup breadcrumbs plain
- ☐ 1 tablespoon lager such as a boston lager
- ☐ 1 tablespoon sriracha

- ☐ 1 tablespoon soya sauce
- ☐ 0.5 teaspoon salt
- ☐ 1 eggs slightly beaten
- ☐ 0.8 cup catsup
- ☐ 0.5 cup lager such as a boston lager
- ☐ 0.3 cup honey
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon sriracha
- ☐ 36 inches crusty baguette
- ☐ 24 large cilantro leaves fresh

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon

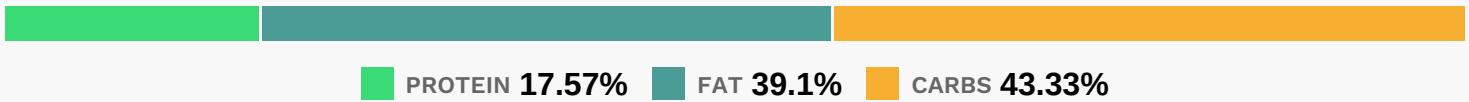
Directions

- ☐ In medium bowl, mix vinegar, sugar and 1 teaspoon salt.
- ☐ Add carrots and cucumber. Cover and refrigerate until ready to assemble sandwiches.
- ☐ Heat oven to 375°F. Line 15x10x1-inch pan with foil. Spray with cooking spray.
- ☐ In large bowl, stir meatball ingredients until well mixed. Shape into 30 (1-inch) balls; place in pan.
- ☐ Bake 25 to 30 minutes or until meatballs are no longer pink in center.
- ☐ Meanwhile, in 3-quart saucepan, stir sauce ingredients until well blended.
- ☐ Heat to boiling over medium heat. Reduce heat to low; simmer 5 minutes, stirring occasionally.

- ☐
- Add hot meatballs to warm sauce; stir to coat.

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Nutrition Facts



Properties

Glycemic Index:74.82, Glycemic Load:18.05, Inflammation Score:-10, Nutrition Score:19.013913092406%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 408.37kcal (20.42%), Fat: 17.66g (27.17%), Saturated Fat: 6.35g (39.7%), Carbohydrates: 44.05g (14.68%), Net Carbohydrates: 42.28g (15.37%), Sugar: 29.02g (32.24%), Cholesterol: 81.71mg (27.24%), Sodium: 1294.6mg (56.29%), Alcohol: 0.86g (100%), Alcohol %: 0.43% (100%), Protein: 17.86g (35.71%), Vitamin A: 4325.56IU (86.51%), Vitamin B1: 0.74mg (49.37%), Selenium: 25.73µg (36.76%), Vitamin K: 31.09µg (29.61%), Vitamin B3: 5.61mg (28.04%), Vitamin B2: 0.39mg (23.22%), Vitamin B6: 0.46mg (23.18%), Phosphorus: 211.23mg (21.12%), Manganese: 0.31mg (15.64%), Potassium: 521.21mg (14.89%), Zinc: 2.22mg (14.83%), Iron: 2.28mg (12.65%), Folate: 48.26µg (12.07%), Vitamin C: 9.2mg (11.15%), Vitamin B12: 0.62µg (10.33%), Magnesium: 38.53mg (9.63%), Vitamin B5: 0.94mg (9.37%), Copper: 0.16mg (8.14%), Fiber: 1.77g (7.08%), Calcium: 66.4mg (6.64%), Vitamin E: 0.92mg (6.11%)