



# Chicken Teriyaki Meatballs with Edamame and Snow Peas



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons canola oil
- ☐ 1 cup edamame frozen shelled thawed
- ☐ 2 tablespoons ginger fresh grated
- ☐ 1.3 pounds ground chicken
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 1.5 cups rice long-grain

- ☐ 2 scallions chopped
- ☐ 3 cups snow peas halved

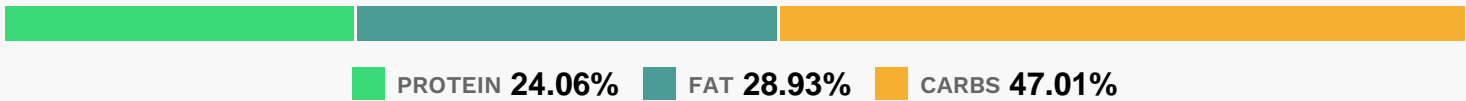
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Cook the rice according to the package directions. Meanwhile, in a large bowl, combine the chicken, scallions, and ginger. Shape into 16 meatballs.
- ☐ Heat 1 tablespoon of the oil in a skillet over medium-high heat. Cook the meatballs, turning, until cooked through, 10 to 12 minutes.
- ☐ Transfer to a plate. Wipe out the skillet.
- ☐ Heat the remaining oil over medium-high heat.
- ☐ Add the peas and edamame. Cook, tossing, for 2 minutes. Return the meatballs to skillet. In a small bowl, combine the soy sauce and sugar.
- ☐ Add to the skillet and simmer until slightly thickened, 2 to 3 minutes.
- ☐ Serve over the rice. Tip: To keep the ground chicken from sticking to your fingers, wet your hands before forming the meatballs.

## Nutrition Facts



## Properties

Glycemic Index:27.05, Glycemic Load:33.56, Inflammation Score:-7, Nutrition Score:27.007825892905%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 639.36kcal (31.97%), Fat: 20.46g (31.47%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 74.8g (24.93%), Net Carbohydrates: 70.04g (25.47%), Sugar: 10.2g (11.33%), Cholesterol: 121.9mg (40.63%), Sodium: 1242.05mg

(54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.29g (76.58%), Manganese: 1.11mg (55.67%), Vitamin C: 45.4mg (55.03%), Vitamin B6: 1.02mg (50.99%), Vitamin B3: 9.88mg (49.41%), Phosphorus: 427.61mg (42.76%), Selenium: 25.74µg (36.77%), Potassium: 1284.97mg (36.71%), Vitamin K: 36.99µg (35.23%), Vitamin B2: 0.52mg (30.41%), Vitamin B5: 2.92mg (29.24%), Iron: 4.83mg (26.82%), Magnesium: 89.99mg (22.5%), Zinc: 3.33mg (22.18%), Vitamin B1: 0.33mg (22.02%), Fiber: 4.76g (19.04%), Vitamin A: 858.77IU (17.18%), Copper: 0.33mg (16.71%), Vitamin E: 2.14mg (14.29%), Folate: 56.15µg (14.04%), Vitamin B12: 0.79µg (13.23%), Calcium: 109.46mg (10.95%)