



Chinese Spaghetti and Meatballs

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



973 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon spice powder chinese ()
- 3 cups baby bok choy shredded
- 1 Handful breadcrumbs
- 2 quarts chicken stock see
- 1 to 2 chiles red seeded sliced (depending on your preferred level of heat)
- 1 egg yolk beaten
- 4 servings fried onions such as durkee, or chinese fried noodles, for garnish
- 1 large cloves garlic grated sliced

- 2 inches gingerroot grated sliced
- 12 ounces ground pork
- 4 servings salt and pepper white
- 4 to 6 scallions minced finely chopped thin
- 4 servings sesame oil for drizzling
- 0.3 cup soya sauce
- 0.5 pound pasta like spaghetti
- 4 servings vegetable oil for drizzling

Equipment

- bowl
- oven
- pot

Directions

- Preheat the oven to 400 degrees F.
- Place the pork in a bowl and sprinkle with the Chinese 5-spice powder, salt and white pepper.
- Add the grated ginger, breadcrumbs, finely chopped scallions, egg yolk, grated garlic and a drizzle of sesame oil.
- Mix together and roll into small meatballs. Dress in vegetable oil and roast until brown and golden, 15 to 18 minutes.
- Heat a drizzle of vegetable oil in a soup pot. Stir in the sliced ginger, sliced garlic and chile peppers, followed by the chicken stock, 2 cups water, the bok choy and soy sauce. Simmer to flavor, cooking until the bok choy is tender-crisp, and then combine with the meatballs.
- Bring a pot of salted water to a boil and cook the pasta to al dente.
- Combine the pasta with the sauce and meatballs, and serve in shallow bowls garnished with sesame oil, the thinly sliced scallions and crispy fried onions or fried noodles.

Nutrition Facts



■ PROTEIN 16.66% ■ FAT 51.47% ■ CARBS 31.87%

Properties

Glycemic Index:46, Glycemic Load:17.85, Inflammation Score:-10, Nutrition Score:39.232608924741%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 973.35kcal (48.67%), Fat: 55.23g (84.96%), Saturated Fat: 13.32g (83.23%), Carbohydrates: 76.93g (25.64%), Net Carbohydrates: 71.91g (26.15%), Sugar: 12.82g (14.24%), Cholesterol: 124.03mg (41.34%), Sodium: 1959.75mg (85.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.21g (80.41%), Vitamin A: 8211.08IU (164.22%), Vitamin C: 100.43mg (121.74%), Selenium: 73.51µg (105.02%), Vitamin B3: 13.86mg (69.32%), Vitamin B1: 1.01mg (67.11%), Vitamin K: 56.01µg (53.34%), Phosphorus: 458.44mg (45.84%), Vitamin B2: 0.76mg (44.73%), Vitamin B6: 0.84mg (42.08%), Manganese: 0.81mg (40.58%), Iron: 5.58mg (30.99%), Potassium: 1030.8mg (29.45%), Calcium: 285.32mg (28.53%), Copper: 0.56mg (27.95%), Zinc: 3.84mg (25.63%), Magnesium: 85.35mg (21.34%), Fiber: 5.02g (20.1%), Folate: 72.52µg (18.13%), Vitamin B12: 0.73µg (12.17%), Vitamin E: 1.83mg (12.17%), Vitamin B5: 1.13mg (11.27%), Vitamin D: 0.24µg (1.62%)