



Gingerly Pork Meatballs with Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper red
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon sesame oil dark
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 3 garlic clove minced

- ☐ 0.5 cup spring onion thinly sliced
- ☐ 1 pound ground pork lean
- ☐ 2 tablespoons soy sauce
- ☐ 0.3 cup onion red finely chopped
- ☐ 8 ounces vermicelli uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 cup snow peas

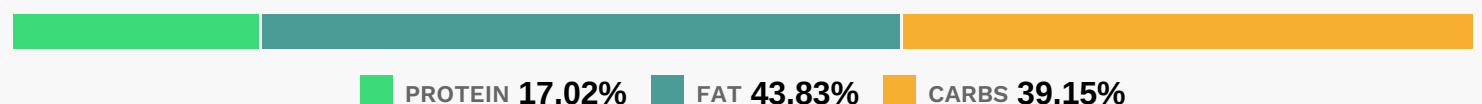
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Place a foil-lined jelly-roll pan in oven. Preheat oven to 45
- ☐ Combine first 8 ingredients in a large bowl; stir gently just until blended. Cover and chill 30 minutes. Divide pork mixture into 20 equal portions; shape each portion into a meatball. Arrange meatballs in a single layer on preheated pan.
- ☐ Bake at 450 for 20 minutes or until done.
- ☐ Cook noodles according to package directions; drain. Rinse noodles under cool water; drain.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add bell pepper, peas, salt, and crushed red pepper; cook 5 minutes, stirring occasionally.
- ☐ Add noodles; toss.
- ☐ Place 1 3/4 cups noodle mixture on each of 4 plates; top each serving with 5 meatballs.
- ☐ Sprinkle each serving with 2 tablespoons green onions.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:27.95, Inflammation Score:-9, Nutrition Score:26.087391371312%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 617.95kcal (30.9%), Fat: 29.68g (45.66%), Saturated Fat: 10.03g (62.71%), Carbohydrates: 59.66g (19.89%), Net Carbohydrates: 56.27g (20.46%), Sugar: 3.84g (4.27%), Cholesterol: 128.15mg (42.72%), Sodium: 822.94mg (35.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.92g (51.85%), Vitamin C: 67.56mg (81.89%), Vitamin B1: 1mg (66.41%), Selenium: 42.77µg (61.09%), Vitamin K: 41.33µg (39.36%), Phosphorus: 370.05mg (37.01%), Vitamin A: 1842.16IU (36.84%), Vitamin B6: 0.69mg (34.5%), Vitamin B3: 6.26mg (31.28%), Manganese: 0.58mg (29.05%), Vitamin B2: 0.45mg (26.59%), Zinc: 3.51mg (23.42%), Potassium: 606.33mg (17.32%), Iron: 3.05mg (16.94%), Folate: 62.8µg (15.7%), Vitamin B12: 0.93µg (15.48%), Vitamin B5: 1.39mg (13.93%), Fiber: 3.39g (13.57%), Magnesium: 54.01mg (13.5%), Copper: 0.18mg (9.08%), Calcium: 78.85mg (7.89%), Vitamin E: 1.12mg (7.49%), Vitamin D: 0.25µg (1.67%)