



Hawaiian Luau Meatballs

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb ground pork
- 1 cup onion finely chopped
- 0.3 cup breadcrumbs plain
- 1 eggs
- 2 tablespoons soya sauce
- 1 teaspoon ginger grated
- 1 clove garlic finely chopped
- 1.8 cups chicken broth (from 32-oz carton)

- 0.5 cup brown sugar packed
- 0.3 cup rice vinegar
- 2 tablespoons soya sauce
- 1 teaspoon ginger grated
- 1 clove garlic finely chopped
- 2 tablespoons cornstarch
- 0.3 cup water cold
- 1 tablespoon olive oil
- 1.5 cups bell pepper green chopped
- 0.8 cup bell pepper red chopped
- 2 cups pineapple chunks fresh canned

Equipment

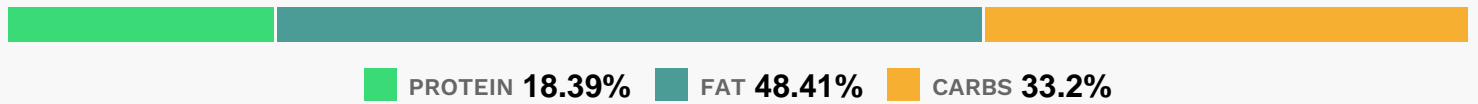
- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- toothpicks

Directions

- Heat oven to 400°F. Spray cookie sheet with cooking spray or line with cooking parchment paper.
- In large bowl, mix all meatball ingredients. Shape mixture by 2 tablespoonfuls into balls.
- Place on cookie sheet.
- Bake 20 to 25 minutes or until golden brown on outside and no longer pink in center.
- Meanwhile, in large saucepan, stir together broth, brown sugar, vinegar, soy sauce, 1 teaspoon gingerroot and 1 garlic clove.

- Heat to boiling; reduce heat to low. In small bowl, mix cornstarch and water until smooth.
- Add cornstarch mixture to simmering sauce; stir well.
- In large skillet, heat oil over medium heat. Cook bell peppers in oil 3 to 5 minutes, stirring occasionally, until crisp-tender. Reduce heat to low.
- Add pineapple; cook 3 to 4 minutes longer or until pineapple is starting to cook around the edges.
- Add bell pepper, pineapple and meatballs to sauce in saucepan. Simmer 15 to 20 minutes until meatballs are coated with sauce and mixture is thoroughly heated.
- Serve meatballs, sauce and vegetables over cooked rice, or serve with toothpicks.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:1.09, Inflammation Score:-7, Nutrition Score:21.196521613909%

Flavonoids

Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 512.48kcal (25.62%), Fat: 27.7g (42.61%), Saturated Fat: 9.59g (59.96%), Carbohydrates: 42.75g (14.25%), Net Carbohydrates: 39.89g (14.5%), Sugar: 32.67g (36.3%), Cholesterol: 110.3mg (36.77%), Sodium: 1041.57mg (45.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.67g (47.34%), Vitamin C: 64.31mg (77.96%), Vitamin B1: 1.02mg (68.28%), Selenium: 32.61µg (46.59%), Vitamin B6: 0.73mg (36.3%), Vitamin B3: 6.5mg (32.48%), Phosphorus: 267.54mg (26.75%), Vitamin B2: 0.43mg (25.19%), Zinc: 3mg (19.98%), Potassium: 654.86mg (18.71%), Vitamin A: 809.94IU (16.2%), Vitamin B12: 0.89µg (14.81%), Manganese: 0.28mg (14.2%), Magnesium: 52.77mg (13.19%), Iron: 2.34mg (13%), Copper: 0.23mg (11.67%), Fiber: 2.86g (11.44%), Vitamin B5: 1.11mg (11.06%), Folate: 37.68µg (9.42%), Calcium: 75.28mg (7.53%), Vitamin E: 0.9mg (6%), Vitamin K: 6.07µg (5.78%)