



Lemongrass Ground Beef Skewers

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



12

CALORIES



93 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch
- 2 cloves garlic
- 0.5 teaspoon ground pepper black
- 1.5 pounds ground beef lean
- 0.5 cup lemon grass coarsely chopped
- 1 onion coarsely chopped
- 1 tablespoon oyster sauce
- 1 teaspoon salt

- 1 teaspoon sesame oil
- 1 teaspoon sugar white

Equipment

- food processor
- bowl
- blender
- grill
- kitchen thermometer
- skewers

Directions

- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Place lemon grass, onion, and garlic in the container of an electric blender or food processor. Cover and blend or process until finely chopped, about 10 seconds. Scrape lemon grass mixture into a bowl, and stir in beef, salt, pepper, sugar, cornstarch, oyster sauce, and sesame oil.
- Form meat mixture into 12 meatballs. Thread onto skewers.
- Cook on the preheated grill until the meatballs are well done, about 7 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:13.26, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:6.3265217058361%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 92.6kcal (4.63%), Fat: 3.2g (4.93%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.69g (0.98%), Sugar: 0.73g (0.81%), Cholesterol: 35.15mg (11.72%), Sodium: 272.86mg (11.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.71%), Vitamin B12: 1.28µg (21.27%), Zinc: 2.97mg (19.82%), Vitamin B3: 3.18mg (15.91%), Selenium: 10.09µg (14.42%), Vitamin B6: 0.24mg (12.11%), Phosphorus: 119.06mg (11.91%), Manganese: 0.18mg (9.2%), Iron: 1.62mg (9.01%), Potassium: 233.73mg (6.68%), Vitamin B2: 0.1mg (5.89%), Magnesium: 15.42mg (3.85%), Vitamin B5: 0.38mg (3.81%), Copper: 0.06mg (3%), Vitamin B1: 0.03mg (2.03%), Folate: 6.92µg (1.73%), Vitamin E: 0.17mg (1.11%), Vitamin C: 0.91mg (1.1%), Calcium: 10.92mg (1.09%)