



Lion's Head Meatballs in Spicy Coconut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 0.3 cup green onions chopped
- ☐ 1 tablespoon green onions chopped

- ☐ 1 pound ground pork
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.5 cup coconut milk light
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 teaspoon chile pepper red hot minced
- ☐ 2 teaspoons chile pepper red hot minced
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup soy milk
- ☐ 2 tablespoons thai fish sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water chestnuts chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ To prepare sauce, combine first 6 ingredients in a small bowl.
- ☐ To prepare meatballs, combine ground pork and next 9 ingredients (pork through salt) in a large bowl, and shape mixture into 8 meatballs.
- ☐ Heat 1 tablespoon vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add meatballs; cook 7 minutes, browning on all sides.
- ☐ Drain well.
- ☐ Place sauce in a large saucepan; bring to a boil over medium-high heat.
- ☐ Add meatballs; cover, reduce heat, and simmer 8 minutes.
- ☐ Garnish with basil and rind.

Nutrition Facts



 PROTEIN **29.96%**  FAT **55.22%**  CARBS **14.82%**

Properties

Glycemic Index:45.3, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:8.48999999473406%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 171.55kcal (8.58%), Fat: 10.31g (15.87%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 5.54g (2.01%), Sugar: 1.11g (1.24%), Cholesterol: 36.85mg (12.28%), Sodium: 555.55mg (24.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.18%), Vitamin B12: 1.43µg (23.9%), Zinc: 2.87mg (19.11%), Vitamin B3: 3.66mg (18.31%), Vitamin K: 17.4µg (16.57%), Selenium: 10.69µg (15.27%), Vitamin B6: 0.3mg (15.08%), Phosphorus: 115.38mg (11.54%), Iron: 1.69mg (9.4%), Vitamin B2: 0.14mg (8.24%), Potassium: 270.79mg (7.74%), Vitamin C: 6.08mg (7.37%), Magnesium: 24.56mg (6.14%), Vitamin E: 0.84mg (5.57%), Copper: 0.09mg (4.58%), Folate: 18.12µg (4.53%), Vitamin B5: 0.39mg (3.86%), Calcium: 37.19mg (3.72%), Manganese: 0.07mg (3.48%), Vitamin A: 165.31IU (3.31%), Vitamin B1: 0.05mg (3.22%), Fiber: 0.69g (2.77%), Vitamin D: 0.23µg (1.56%)