



Meatballs and Rice Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



577 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bacon
- 2 teaspoons sriracha (such as Lee Kum Kee)
- 1.5 tablespoons fish sauce
- 2 teaspoons fish sauce
- 1 tablespoon basil fresh chopped
- 1 tablespoon cilantro leaves fresh chopped
- 1 tablespoon mint leaves fresh chopped
- 2 garlic clove minced

- 4 garlic clove minced
- 6 ounces ground pork lean
- 6 ounces ground sirloin
- 0.3 cup juice of lime fresh
- 1 teaspoon juice of lime fresh
- 10 ounce vermicelli thin
- 3 tablespoons shallots chopped
- 6 tablespoons sugar
- 0.5 cup water

Equipment

- food processor
- frying pan
- whisk

Directions

- Combine first 5 ingredients in a food processor; process until smooth.
- Add beef and pork; pulse to combine.
- Divide meat mixture into 12 equal portions, shaping each into a (1-inch) ball.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add meatballs; cook 10 minutes or until meatballs are done, browning on all sides.
- Cook noodles in boiling water 6 minutes; drain.
- Combine warm water and next 5 ingredients (water through 4 garlic cloves), stirring with a whisk until sugar dissolves.
- Combine basil, cilantro, and mint. Divide noodles evenly among 4 plates; top each serving with 3 meatballs.
- Drizzle each serving with about 1/3 cup sauce; sprinkle with about 2 teaspoons herb mixture.

Nutrition Facts



■ PROTEIN 13.58% ■ FAT 28.6% ■ CARBS 57.82%

Properties

Glycemic Index:80.02, Glycemic Load:46.85, Inflammation Score:-3, Nutrition Score:13.360869664213%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 577.01kcal (28.85%), Fat: 18.08g (27.82%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 82.26g (27.42%), Net Carbohydrates: 80.51g (29.28%), Sugar: 19.67g (21.85%), Cholesterol: 63.16mg (21.05%), Sodium: 1109.58mg (48.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.32g (38.63%), Selenium: 30.73µg (43.9%), Phosphorus: 279.09mg (27.91%), Vitamin B1: 0.39mg (25.75%), Manganese: 0.51mg (25.32%), Zinc: 3.57mg (23.79%), Vitamin B6: 0.46mg (23.22%), Vitamin B3: 4.52mg (22.61%), Vitamin B12: 1.29µg (21.58%), Vitamin B2: 0.2mg (11.93%), Magnesium: 47.61mg (11.9%), Iron: 2.13mg (11.83%), Potassium: 379.45mg (10.84%), Vitamin C: 7.78mg (9.43%), Copper: 0.15mg (7.34%), Fiber: 1.75g (6.98%), Vitamin B5: 0.67mg (6.7%), Calcium: 47.83mg (4.78%), Folate: 17.93µg (4.48%), Vitamin K: 3.17µg (3.02%), Vitamin A: 101.3IU (2.03%), Vitamin E: 0.23mg (1.53%)