



## Meatballs in Brussels Sprout Cups

 Dairy Free

READY IN



72 min.

SERVINGS



20

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon brown sugar
- 8 brussels sprouts
- 1 teaspoon sesame oil dark
- 1 egg white
- 2 tablespoons basil fresh minced
- 1 teaspoon ginger fresh grated peeled
- 4 garlic cloves minced
- 0.5 teaspoon granulated sugar

- 1 pound ground pork
- 0.5 teaspoon kosher salt
- 1 tablespoon lower-sodium soy sauce
- 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- 0.3 cup red wine vinegar
- 1 tablespoon rice vinegar
- 2 medium shallots divided
- 3.5 ounces shiitake mushroom caps finely chopped

## Equipment

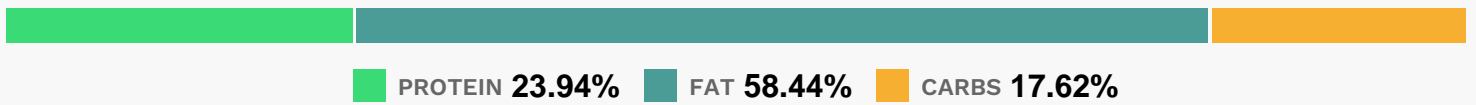
- bowl
- frying pan
- paper towels
- sauce pan
- baking paper
- oven
- knife
- broiler

## Directions

- Preheat oven to 37
- Thinly slice 1 shallot; separate into rings.
- Combine sliced shallot, red wine vinegar, and granulated sugar in a small bowl.
- Let stand 1 hour.
- Finely chop remaining shallot.
- Combine with pork and next 11 ingredients (through egg white) in a large bowl. With wet hands, divide mixture into 40 portions (1 scant tablespoon each).
- Roll each into a 1-inch ball. Arrange on a jelly-roll pan lined with parchment paper.
- Bake at 375 for 16 minutes.

- Preheat broiler to high. Broil meatballs on middle rack 4 minutes or until tops begin to brown.
- While meatballs cook, bring a saucepan of water to a boil. Using a paring knife and starting from the root end, carefully remove outer leaves from the Brussels sprouts, setting aside 40 large leaves. Reserve cores for another use.
- Add leaves to boiling water; cook 1 minute.
- Drain. Immediately place leaves in a bowl of ice water.
- Drain. Pat leaves dry with paper towels.
- Arrange 1 meatball in each Brussels sprout "cup." Top each with 1 shallot slice.

## Nutrition Facts



### Properties

Glycemic Index:16.45, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:4.4178260979445%

### Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

### Nutrients (% of daily need)

Calories: 79.73kcal (3.99%), Fat: 5.15g (7.92%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.91g (1.06%), Sugar: 1.28g (1.42%), Cholesterol: 16.33mg (5.44%), Sodium: 116.3mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.49%), Vitamin K: 14.44µg (13.75%), Vitamin B1: 0.19mg (13%), Selenium: 6.79µg (9.71%), Vitamin C: 7.06mg (8.56%), Vitamin B6: 0.14mg (6.9%), Vitamin B3: 1.36mg (6.78%), Phosphorus: 57.38mg (5.74%), Vitamin B2: 0.09mg (5.11%), Zinc: 0.63mg (4.2%), Manganese: 0.08mg (3.94%), Potassium: 131.69mg (3.76%), Vitamin B12: 0.17µg (2.76%), Vitamin B5: 0.28mg (2.75%), Iron: 0.48mg (2.65%), Folate: 9.45µg (2.36%), Magnesium: 9.44mg (2.36%), Fiber: 0.58g (2.33%), Copper: 0.03mg (1.64%), Vitamin A: 69.6IU (1.39%), Calcium: 12.7mg (1.27%)