



WHATSheATE



Meatballs with spicy chipotle tomato sauce

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pork mince
- ☐ 2 large handfuls breadcrumbs fresh
- ☐ 1 eggs
- ☐ 2 medium onions red sliced finely chopped
- ☐ 1 small bunch coriander leaves and stems finely chopped
- ☐ 2 tbsp vegetable oil
- ☐ 2 garlic cloves chopped
- ☐ 400 ml passata

- ☐ 1 tbsp chipotle paste
- ☐ 4 servings rice

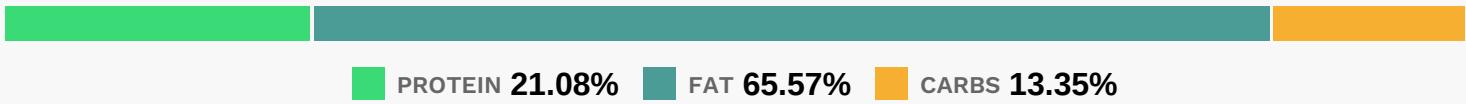
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl, mix together the pork, breadcrumbs, egg, finely chopped onions and the chopped coriander leaves. Season, mix well and shape into small meatballs. Over a medium heat, add 1 tbsp of the oil to a large frying pan and brown the meatballs on all sides, then remove from the pan and set aside.
- ☐ Add the remaining oil, sliced onion, garlic, coriander stems and some salt. Cook for 5 mins, then add the passata and chipotle paste.
- ☐ Pour in 100ml water and stir well, then simmer for 10 mins before adding the meatballs and cooking for a further 5 mins.
- ☐ Serve with potatoes or rice and scatter with the extra coriander leaves.

Nutrition Facts



Properties

Glycemic Index:35.19, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:21.558260720709%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.55mg, Quercetin: 15.55mg, Quercetin: 15.55mg, Quercetin: 15.55mg

Nutrients (% of daily need)

Calories: 472.42kcal (23.62%), Fat: 34.66g (53.32%), Saturated Fat: 11.28g (70.5%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 12.82g (4.66%), Sugar: 7.55g (8.39%), Cholesterol: 130.92mg (43.64%), Sodium: 121.95mg

(5.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.07g (50.14%), Vitamin B1: 0.98mg (65.53%), Selenium: 35.56µg (50.8%), Vitamin B6: 0.72mg (36.01%), Vitamin B3: 7.12mg (35.62%), Phosphorus: 303.64mg (30.36%), Potassium: 940.49mg (26.87%), Vitamin B2: 0.45mg (26.54%), Zinc: 3.41mg (22.7%), Vitamin C: 18.23mg (22.09%), Copper: 0.4mg (20.01%), Iron: 3.45mg (19.19%), Vitamin K: 19.83µg (18.88%), Vitamin E: 2.77mg (18.46%), Vitamin B12: 0.97µg (16.24%), Manganese: 0.31mg (15.61%), Vitamin B5: 1.55mg (15.51%), Magnesium: 57.43mg (14.36%), Vitamin A: 622.94IU (12.46%), Fiber: 3.04g (12.18%), Folate: 34.92µg (8.73%), Calcium: 62.2mg (6.22%), Vitamin D: 0.22µg (1.47%)