



WHATSheATE



Porcupine Meatballs



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon ginger fresh grated
- ☐ 4 servings lettuce leaves
- ☐ 2 tablespoons scallions finely chopped
- ☐ 0.5 cup short-grain rice hot for 2 hours (such as arborio)
- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 2 teaspoons soya sauce
- ☐ 4 servings ponzu sauce soy sauce (available at Asian specialty stores)

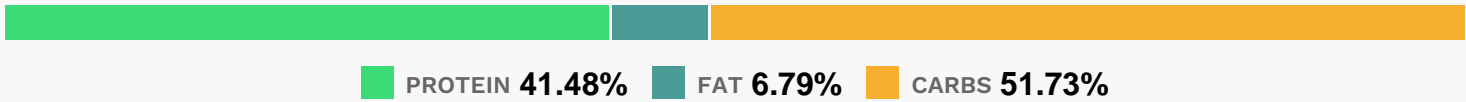
Equipment

- ☐ food processor
- ☐ bowl
- ☐ steamer basket

Directions

- ☐ Put half the shrimp in a food processor and pulse until finely chopped.
- ☐ Add the rest and pulse a few more times (half the mixture will serve as a binding paste; the rest will remain roughly chopped).
- ☐ Transfer to a bowl and add the scallions, soy sauce, and ginger, then mix by hand until well combined.
- ☐ Drain the rice and spread it on a plate. Form the shrimp mixture into 1 1/2-inch balls.
- ☐ Roll each in the rice.
- ☐ Line a steamer basket with the leaves.
- ☐ Add the meatballs and steam until the rice is cooked and the shrimp is pink, 8 to 9 minutes.
- ☐ Serve with the ponzu or soy sauce.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:15.72, Inflammation Score:-9, Nutrition Score:14.016956515934%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 176.9kcal (8.85%), Fat: 1.29g (1.98%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 20.99g (7.63%), Sugar: 0.37g (0.41%), Cholesterol: 142.88mg (47.63%), Sodium: 839.57mg (36.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.35%), Selenium: 37.53µg (53.61%), Vitamin A: 2010.99IU (40.22%), Phosphorus: 312.5mg (31.25%), Folate: 90.9µg (22.73%), Vitamin B12: 1.26µg (20.98%), Manganese: 0.38mg (19.22%), Vitamin B3: 3.28mg (16.38%), Copper: 0.27mg (13.3%), Vitamin B6: 0.26mg (12.88%), Vitamin B1: 0.19mg (12.76%), Vitamin E: 1.59mg (10.57%), Zinc: 1.45mg (9.66%), Iron: 1.63mg (9.05%), Magnesium: 35.73mg (8.93%), Calcium: 73.43mg (7.34%), Vitamin B5: 0.69mg (6.87%), Vitamin K: 6.55µg (6.24%), Potassium:

209.38mg (5.98%), Vitamin C: 4.9mg (5.94%), Fiber: 1.05g (4.19%), Vitamin B2: 0.06mg (3.53%)