



WHATSheATE



Pork and Lemongrass Meatballs in Lettuce Cups



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 head boston lettuce separated



2 tablespoons carrots grated



0.3 cup fish sauce



2 tablespoons cilantro leaves fresh chopped



2 garlic clove chopped



4 teaspoons brown sugar packed ()



0.5 teaspoon pepper white

- ☐ 1 pound ground pork
- ☐ 1 lemon grass
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 small persian cucumber thinly sliced
- ☐ 2 teaspoons serrano chiles green with seeds minced
- ☐ 0.3 cup shallots chopped
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ rolling pin

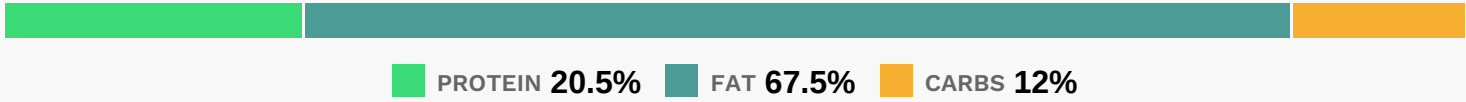
Directions

- ☐ Chill pork in freezer while making lemongrass paste.
- ☐ Combine lemongrass, 1/2 teaspoon salt, and remaining ingredients in processor; pulse until paste forms.
- ☐ Add chilled pork; pulse to blend. Shape into 24 balls (each about 1 tablespoonful).
- ☐ Place on rimmed baking sheet. Cover; chill at least 1 hour and up to 1 day.
- ☐ Cut bottom 3 inches from lemongrass. Smash with rolling pin, then mince. Measure 1 tablespoon and place in small bowl (reserve the rest for another use).
- ☐ Add lime juice, fish sauce, cilantro, carrot, sugar, and chile to bowl; whisk until sugar dissolves.
- ☐ Heat oil in large skillet over medium heat.
- ☐ Add meatballs; brown until cooked through, turning occasionally, about 15 minutes.
- ☐ Transfer to 1 side of large platter.

- ☐
- Arrange lettuce leaves and cucumber on platter with meatballs. Allow guests to place meatballs in leaves, garnish with cucumber, and drizzle dipping sauce over.

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Nutrition Facts



Properties

Glycemic Index:52.23, Glycemic Load:1.68, Inflammation Score:-9, Nutrition Score:19.990434750267%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 411.95kcal (20.6%), Fat: 31.01g (47.7%), Saturated Fat: 9.99g (62.44%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 11g (4%), Sugar: 7.85g (8.73%), Cholesterol: 81.65mg (27.22%), Sodium: 1212.99mg (52.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.38%), Vitamin B1: 0.88mg (58.73%), Vitamin K: 58.45µg (55.67%), Vitamin A: 2658.2IU (53.16%), Selenium: 29.99µg (42.84%), Vitamin B6: 0.62mg (31.23%), Vitamin B3: 5.58mg (27.92%), Phosphorus: 234.54mg (23.45%), Vitamin B2: 0.32mg (18.78%), Zinc: 2.78mg (18.5%), Potassium: 600.53mg (17.16%), Magnesium: 61.24mg (15.31%), Manganese: 0.29mg (14.61%), Vitamin B12: 0.86µg (14.39%), Folate: 53.16µg (13.29%), Vitamin C: 9.98mg (12.1%), Iron: 2.07mg (11.53%), Vitamin B5: 0.97mg (9.72%), Calcium: 56.44mg (5.64%), Fiber: 1.4g (5.61%), Copper: 0.1mg (5.24%), Vitamin E: 0.74mg (4.9%)