



Pork Apple Meatballs

 **Gluten Free**  **Dairy Free**

READY IN



115 min.

SERVINGS



16

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apple sauce
- 2 teaspoons brown sugar
- 2 carrots shredded
- 1 egg white
- 2 cloves garlic minced
- 1 pound ground pork
- 2 tablespoons maple syrup
- 4 ounces mushrooms dried chopped

- 0.3 cup onion diced
- 2 tablespoons soya sauce
- 0.3 cup water
- 0.5 cup warm water

Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Prepare a 2-quart baking dish with cooking spray.
- Place the dried mushrooms in a bowl.
- Pour 1/4 cup of warm water over the mushrooms; allow to soak until the mushrooms have rehydrated, about 30 minutes.
- Drain, reserving the water, and set both the mushrooms and water aside.
- Combine the ground pork, carrots, onion, garlic, 2 tablespoons soy sauce, the drained mushrooms, and the egg white in a large bowl; mix with hands until evenly combined. Form the mixture into 16 meatballs; arrange into the prepared baking dish.
- Stir the reserved water from the mushrooms, the applesauce, 1/4 cup water, maple syrup, 2 tablespoons of soy sauce, and brown sugar together in a bowl; pour over the meatballs. Cover the dish with aluminum foil.
- Bake in the preheated oven for 45 minutes.
- Remove the foil from the dish and continue baking until the meatballs are cooked through and no longer pink in the center, about 20 minutes more.

Nutrition Facts



PROTEIN 23.47% **FAT 57.33%** **CARBS 19.2%**

Properties

Glycemic Index:11.71, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:5.1291304010412%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 95.31kcal (4.77%), Fat: 6.07g (9.34%), Saturated Fat: 2.24g (14%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.12g (1.5%), Sugar: 3.4g (3.77%), Cholesterol: 20.41mg (6.8%), Sodium: 151.56mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Vitamin A: 1278.13IU (25.56%), Vitamin B1: 0.23mg (15.04%), Selenium: 8.13µg (11.62%), Vitamin B2: 0.15mg (8.62%), Vitamin B3: 1.67mg (8.33%), Vitamin B6: 0.14mg (7.1%), Phosphorus: 63.52mg (6.35%), Manganese: 0.1mg (4.94%), Zinc: 0.72mg (4.8%), Potassium: 154.43mg (4.41%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.2µg (3.38%), Copper: 0.05mg (2.43%), Magnesium: 9.38mg (2.35%), Iron: 0.4mg (2.22%), Fiber: 0.45g (1.8%), Vitamin C: 1.24mg (1.5%), Folate: 5.43µg (1.36%), Calcium: 12.5mg (1.25%), Vitamin K: 1.06µg (1.01%)