



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

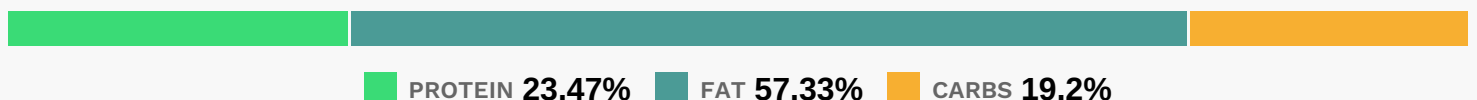
Equipment

- ☐ 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



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%)