



## Pork Meatball Taquitos with Avocado Vinaigrette

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

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**362 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon agave nectar
- 1 small avocado diced
- 1 head bibb lettuce
- 1 tablespoon pepper black
- 1 tablespoon dijon mustard
- 1 eggs beaten
- 2 tablespoons fish sauce

- 1 tablespoon basil fresh chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon mint leaves fresh chopped
- 1 tablespoon garlic chopped
- 1 pound ground pork
- 1 tablespoon asian hot sauce such as sriracha
- 1 small jalapeño chopped
- 2 juice of lemon juiced
- 2 juice of lime juiced
- 1 lemon zest
- 3 tablespoons olive oil
- 2 tablespoons salt
- 2 shallots chopped
- 1 tablespoon soya sauce
- 0.5 bag townhouse flip-sides
- 0.5 bag townhouse flip-sides

## Equipment

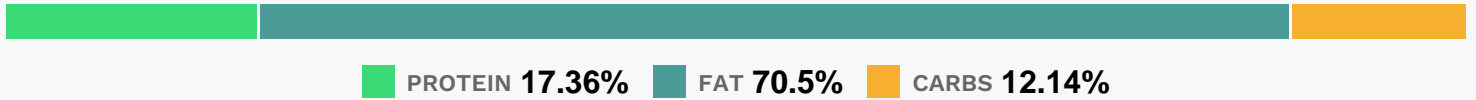
- bowl
- frying pan
- oven
- whisk

## Directions

- Preheat the oven to 350 degrees F.
- For the meatballs: In a bowl, mix the pork, Flip-Sides, soy sauce, cilantro, shallots, egg, jalapeno, hot sauce, lemon zest, salt and pepper. Form the mixture into small meatballs, about 2 to 3 inches in diameter, and set aside.

- Heat the olive oil in a saute pan, and, working in batches, fry the meatballs until golden brown, 5 to 7 minutes. Finish them in the oven for another 10 minutes.
- Whisk the lemon and lime juice with the mustard and agave.
- Add the fish sauce, fresh herbs and avocado.
- Whisk until the avocado breaks down just a bit and everything is incorporated.
- Pull the meatballs from the oven and serve on lettuce cups, garnished with the vinaigrette.

## Nutrition Facts



### Properties

Glycemic Index:54.67, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:17.316086748372%

### Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

### Nutrients (% of daily need)

Calories: 361.87kcal (18.09%), Fat: 28.91g (44.48%), Saturated Fat: 7.9g (49.38%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 7.66g (2.78%), Sugar: 4.45g (4.95%), Cholesterol: 81.71mg (27.24%), Sodium: 3107.75mg (135.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.02g (32.03%), Vitamin K: 43.95µg (41.86%), Vitamin B1: 0.62mg (41.51%), Selenium: 23.01µg (32.87%), Vitamin B6: 0.52mg (26.17%), Vitamin C: 19.51mg (23.65%), Vitamin A: 1098.72IU (21.97%), Vitamin B3: 4.38mg (21.89%), Phosphorus: 192.9mg (19.29%), Vitamin B2: 0.3mg (17.75%), Manganese: 0.35mg (17.3%), Folate: 67.21µg (16.8%), Potassium: 567.7mg (16.22%), Zinc: 2.17mg (14.45%), Fiber: 3.55g (14.21%), Vitamin E: 2.02mg (13.45%), Vitamin B5: 1.24mg (12.38%), Magnesium: 48.2mg (12.05%), Vitamin B12: 0.62µg (10.39%), Iron: 1.85mg (10.28%), Copper: 0.15mg (7.71%), Calcium: 50.94mg (5.09%)