



Pupu Balls

 Dairy Free

READY IN

ready

40 min.

SERVINGS

servings

10

CALORIES

calories

160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cloves garlic crushed
- ☐ 1 pound ground beef
- ☐ 1 small onion chopped
- ☐ 0.5 cup seasoned bread crumbs
- ☐ 0.5 cup soya sauce
- ☐ 0.5 cup water
- ☐ 1.5 fluid ounce jigger whiskey

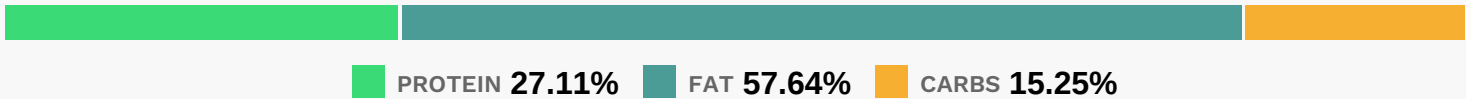
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In a medium bowl, mix ground beef, onion and seasoned bread crumbs. Form the mixture into bite-sized balls.
- ☐ In a large skillet over medium high heat, cook the balls until evenly brown throughout.
- ☐ In a large bowl, mix water, soy sauce, garlic and whiskey.
- ☐ Place the balls into the mixture. Cover and chill in the refrigerator at least 1 hour.
- ☐ Transfer the balls and sauce mixture to a slow cooker set to low heat. Cook at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:5.806087024186%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 159.94kcal (8%), Fat: 9.42g (14.5%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 5.09g (1.85%), Sugar: 0.85g (0.94%), Cholesterol: 32.27mg (10.76%), Sodium: 759.5mg (33.02%), Alcohol: 1.6g (100%), Alcohol %: 2.33% (100%), Protein: 9.97g (19.94%), Vitamin B12: 0.99µg (16.53%), Vitamin B3: 2.76mg (13.8%), Zinc: 2.05mg (13.68%), Selenium: 8.5µg (12.14%), Phosphorus: 100.45mg (10.04%), Vitamin B6: 0.2mg (9.79%), Iron: 1.48mg (8.21%), Manganese: 0.14mg (7.04%), Vitamin B2: 0.11mg (6.6%), Vitamin B1: 0.09mg (5.92%), Potassium: 173.59mg (4.96%), Magnesium: 16.08mg (4.02%), Folate: 13.75µg (3.44%), Vitamin K: 3.61µg (3.44%), Copper: 0.06mg (3.25%), Vitamin B5: 0.32mg (3.21%), Calcium: 24.46mg (2.45%), Fiber: 0.52g (2.07%), Vitamin E: 0.2mg (1.36%), Vitamin C: 0.87mg (1.05%)