



 4%
HEALTH SCORE

Satay Beef Balls

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bread
- 1 garlic chopped finely
- 1 tsp ginger grated
- 400 g ground beef
- 1 tbsp parsley chopped
- 3 tbsp peanut butter (best crunchy type)
- 2 tbsp soya sauce (to your taste)
- 2 spring onion chopped finely

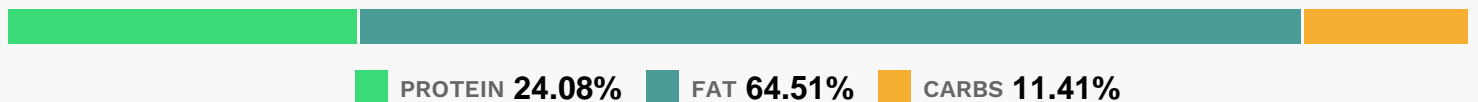
Equipment

- frying pan
- oven
- mixing bowl

Directions

- Preheat oven to 190 degree Celsius.
- Combine the ingredients into a mixing bowl
- Stir and mix well in one direction and form into ball shape.
- Spray the oven tray/pan with non-stick spray.
- Place the meat balls on the greased oven pan.
- Bake for 20 minutes; try to shake the pan once a while to ensure the balls cook at all sides.
- Bake until golden brown or the inside of the meat should not be pink.
- Serve the satay meat ball with chili sauce or sweet chili dipping sauce. Tips: You can use pork or chicken mince for this recipe too.

Nutrition Facts



Properties

Glycemic Index: 32.78, Glycemic Load: 2.74, Inflammation Score: -2, Nutrition Score: 9.855652173913%

Flavonoids

Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Taste

Sweetness: 45.17%, Saltiness: 100%, Sourness: 15.5%, Bitterness: 24.98%, Savoriness: 53.39%, Fattiness: 63.18%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 248.79kcal (12.44%), Fat: 17.87g (27.49%), Saturated Fat: 5.99g (37.45%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.16g (2.24%), Sugar: 1.59g (1.76%), Cholesterol: 47.33mg (15.78%), Sodium: 459.42mg (19.97%), Protein: 15.01g (30.01%), Vitamin B12: 1.43µg (23.78%), Vitamin B3: 4.68mg (23.38%), Zinc: 3.14mg (20.95%), Vitamin K: 20.36µg (19.39%), Selenium: 13.16µg (18.8%), Phosphorus: 155.02mg (15.5%), Vitamin B6: 0.28mg (14.15%), Manganese: 0.28mg (14.08%), Iron: 2.02mg (11.22%), Vitamin B2: 0.15mg (8.89%), Magnesium: 32.47mg (8.12%), Potassium: 268.94mg (7.68%), Vitamin E: 1.05mg (6.99%), Folate: 24.13µg (6.03%), Vitamin B1: 0.09mg (5.7%), Vitamin B5: 0.53mg (5.28%), Copper: 0.1mg (5.13%), Fiber: 0.95g (3.79%), Calcium: 33.5mg (3.35%), Vitamin C: 1.79mg (2.16%), Vitamin A: 93.46IU (1.87%)