



Sesame-Soy Meatballs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon chile paste (such as sambal oelek)
- ☐ 2 tablespoons sesame oil dark
- ☐ 6 garlic cloves finely minced
- ☐ 0.3 cup green onions minced
- ☐ 1 pound ground sirloin
- ☐ 3 tablespoons lower-sodium soy sauce
- ☐ 0.3 teaspoon salt

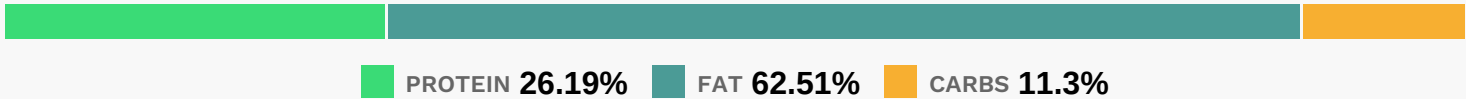
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 40
- ☐ Combine first 7 ingredients in a large bowl.
- ☐ Add beef; mix gently to combine. With moist hands, shape beef mixture into 20 (1 1/2-inch) meatballs.
- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Add half of the meatballs to pan; cook 4 minutes, turning to brown meatballs on all sides. Arrange browned meatballs in a single layer on a jelly-roll pan coated with cooking spray. Repeat procedure with remaining meatballs.
- ☐ Bake meatballs at 400 for 7 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:12.676521715911%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 348.86kcal (17.44%), Fat: 24.1g (37.07%), Saturated Fat: 7.66g (47.87%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 9.39g (3.42%), Sugar: 6.48g (7.2%), Cholesterol: 77.11mg (25.7%), Sodium: 656.76mg (28.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.71g (45.43%), Vitamin B12: 2.46µg (41.01%), Zinc: 5.27mg (35.12%), Vitamin B3: 5.55mg (27.77%), Selenium: 18.78µg (26.83%), Vitamin B6: 0.48mg (24.07%), Phosphorus: 226.12mg (22.61%), Vitamin K: 19.8µg (18.86%), Iron: 2.81mg (15.6%), Vitamin B2: 0.22mg (12.68%), Potassium:

440.62mg (12.59%), Magnesium: 32.51mg (8.13%), Manganese: 0.16mg (7.75%), Vitamin B5: 0.7mg (7.02%), Copper: 0.11mg (5.52%), Vitamin B1: 0.07mg (4.64%), Folate: 18.01µg (4.5%), Vitamin C: 3.61mg (4.38%), Vitamin E: 0.63mg (4.17%), Calcium: 40.62mg (4.06%), Vitamin A: 91.45IU (1.83%), Fiber: 0.42g (1.66%)