



Shrimp and Pork Balls with Spicy Lime Dipping Sauce

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 jalapeño chili pepper divided seeded finely chopped
- 1 teaspoon sesame oil dark
- 0.3 cup cilantro leaves fresh
- 2 inch ginger fresh peeled
- 2 cloves garlic crushed
- 1 pound ground pork
- 1 tablespoon honey

- 2 lime zest
- 4 scallions white green coarsely chopped
- 0.5 pound shrimp shelled deveined
- 0.5 cup tamari sauce dark
- 4 tablespoons vegetable oil
- 3 tablespoons water
- 4 servings toothpicks
- 4 servings toothpicks

Equipment

- food processor
- bowl
- frying pan
- toothpicks

Directions

- Watch how to make this recipe.
- In the bowl of a food processor combine the scallions, half of the ginger grated or minced, half of the chopped chile pepper, garlic, 3 tablespoons tamari, cilantro and the lime zest. Pulse for 30 seconds, scrape down the bowl and then continue to process 1 minute or until finely ground.
- Add the shrimp and pork, process until the shrimp are ground into small pieces and the mixture is well combined but not so fine that it becomes a paste, about 1 minute.
- Roll the shrimp and pork mixture into to 24 balls, about the size of a large walnut. If you dip your hands in water before rolling the mixture the rolling goes a little easier.
- Preheat a large nonstick skillet with 4 tablespoons of vegetable oil over medium heat.
- Add the balls and don't move them until they are brown on 1 side, about 2 minutes. Turn the balls and continue to cook, browning on all sides until cooked through, about 4 minutes.
- While the balls are cooking make the spicy lime dipping sauce: in a bowl combine the remaining ginger, chili pepper, 1/2 cup tamari, lime juice, toasted sesame oil, honey and 3 tablespoons (a splash) of water. Taste and adjust the seasoning, if you find it to be too salty,

add another drizzle of honey.

Platter the shrimp and pork balls with a bowl of the spicy lime dipping sauce and toothpicks.

Nutrition Facts

PROTEIN 25.58% **FAT 65.66%** **CARBS 8.76%**

Properties

Glycemic Index:60.07, Glycemic Load:3.74, Inflammation Score:-5, Nutrition Score:19.460000038147%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 529.03kcal (26.45%), Fat: 39.09g (60.14%), Saturated Fat: 11.22g (70.15%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 10g (3.64%), Sugar: 5.88g (6.53%), Cholesterol: 172.93mg (57.64%), Sodium: 1755.55mg (76.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.27g (68.54%), Vitamin B1: 0.87mg (57.99%), Vitamin K: 53.96µg (51.39%), Selenium: 28.64µg (40.91%), Phosphorus: 373.04mg (37.3%), Vitamin B3: 6.29mg (31.47%), Vitamin B6: 0.56mg (27.78%), Zinc: 3.51mg (23.43%), Vitamin C: 17.89mg (21.68%), Vitamin B2: 0.34mg (19.75%), Potassium: 641.07mg (18.32%), Copper: 0.36mg (18.18%), Magnesium: 60.28mg (15.07%), Iron: 2.46mg (13.66%), Vitamin B12: 0.79µg (13.23%), Manganese: 0.24mg (12.08%), Vitamin B5: 0.98mg (9.85%), Vitamin E: 1.43mg (9.51%), Calcium: 82.68mg (8.27%), Fiber: 1.72g (6.88%), Folate: 23.35µg (5.84%), Vitamin A: 249.67IU (4.99%)