



Sweet Chili Asian Meatballs

READY IN



35 min.

SERVINGS



8

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons crystallized ginger chopped
- 1 eggs
- 0.5 tablespoon fish sauce
- 0.5 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh finely grated peeled
- 3 garlic cloves chopped
- 0.5 pound ground bison
- 0.5 pound lamb
- 0.5 pound ground pork

- 1 juice of lime juiced
- 8 servings kosher salt and pepper black freshly ground
- 0.5 teaspoon mirin
- 3 tablespoons olive oil
- 0.5 cup panko crumbs toasted
- 0.5 teaspoon ume plum vinegar
- 2 serrano peppers chopped
- 2 shallots chopped
- 1 tablespoon soya sauce
- 1 jar chili sauce sweet
- 1 slice bread white
- 0.5 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- toothpicks
- skewers

Directions

- Soak the slice of bread in the milk in a small bowl.
- Mix the ground meats, soaked bread, and all remaining ingredients, up to the olive oil, until well combined.
- Roll the meat mixture into walnut-sized balls. In a large saute pan, over medium-high heat, heat the olive oil and sear the meatballs. If you can't fit them all in the pan at once, cook in batches. Sear into golden brown, about 8 to 10 minutes. Cool slightly.
- In a small saucepan, heat the chili sauce over low heat.
- Stick a toothpick or skewer into each meatball, then dip them into the sauce.

Roll the tips in toasted panko and crystallized ginger and serve.

Food Network Kitchens have not tested this recipe and therefore, we cannot make representation as to the results.

Nutrition Facts

PROTEIN 18.36% **FAT 65.84%** **CARBS 15.8%**

Properties

Glycemic Index:33.35, Glycemic Load:1.78, Inflammation Score:-2, Nutrition Score:8.71782611764%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 264.58kcal (13.23%), Fat: 19.26g (29.62%), Saturated Fat: 6.38g (39.86%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 9.77g (3.55%), Sugar: 4.85g (5.39%), Cholesterol: 63.4mg (21.13%), Sodium: 373.33mg (16.23%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 12.08g (24.16%), Selenium: 16.34µg (23.34%), Vitamin B1: 0.31mg (20.78%), Vitamin B3: 3.52mg (17.6%), Vitamin B12: 1µg (16.72%), Phosphorus: 140.67mg (14.07%), Zinc: 1.87mg (12.48%), Vitamin B2: 0.21mg (12.08%), Vitamin B6: 0.23mg (11.41%), Vitamin K: 8.03µg (7.65%), Iron: 1.31mg (7.26%), Manganese: 0.14mg (6.84%), Potassium: 239.46mg (6.84%), Vitamin E: 0.94mg (6.26%), Vitamin B5: 0.6mg (6.03%), Magnesium: 22.19mg (5.55%), Folate: 21.18µg (5.29%), Calcium: 51.08mg (5.11%), Copper: 0.08mg (4%), Vitamin C: 3.17mg (3.84%), Vitamin A: 140.86IU (2.82%), Fiber: 0.62g (2.5%), Vitamin D: 0.31µg (2.04%)