



Thai Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



947 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs
- ☐ 6 servings carrot shavings for garnish
- ☐ 2 eggs
- ☐ 0.3 cup fish sauce
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 cloves garlic minced

- ☐ 0.5 teaspoon ginger grated
- ☐ 2 tablespoons ginger minced
- ☐ 1 pound ground pork
- ☐ 1 juice of lime juiced
- ☐ 2 tablespoons lemongrass minced
- ☐ 6 servings olive oil
- ☐ 1 cup chunky peanut butter
- ☐ 2 tablespoons rice wine vinegar
- ☐ 6 servings roasted peanuts chopped for garnish
- ☐ 2 teaspoons sesame oil
- ☐ 2 tablespoons sesame seed
- ☐ 1 pound shrimp deveined peeled chopped finely
- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons soya sauce
- ☐ 0.8 cup thai basil leaves fresh chopped
- ☐ 2 thai chiles minced
- ☐ 0.3 cup water hot

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

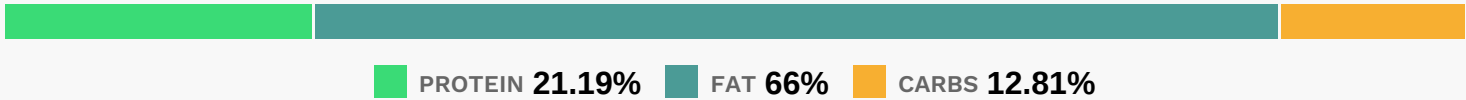
Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Combine the pork, shrimp, lemongrass, sesame seeds, lime juice, chiles, ginger, garlic, basil, cilantro, mint, soy sauce, fish sauce, breadcrumbs and eggs in a large mixing bowl and mix by

hand until thoroughly incorporated.

- ☐ Drizzle the olive oil into a 9 by 12-inch baking dish, making sure to evenly coat the entire surface.
- ☐ Roll the mixture into round, golf ball size meatballs, making sure to pack the meat firmly.
- ☐ Place the balls into the oiled baking dish such that all the meatballs are lined up evenly in rows and are touching each of their 4 neighbors in a grid.
- ☐ Roast until firm and cooked through, about 20 minutes. Allow the meatballs to cool about 5 minutes before removing from the baking dish.
- ☐ Garnish with shaved carrots and chopped roasted peanuts.
- ☐ Serve with Peanut Dipping Sauce.
- ☐ This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.
- ☐ Combine all the ingredients in a small bowl and whisk well to combine.

Nutrition Facts



Properties

Glycemic Index:61.64, Glycemic Load:3.43, Inflammation Score:-10, Nutrition Score:39.862608619358%

Flavonoids

Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 946.82kcal (47.34%), Fat: 71.89g (110.59%), Saturated Fat: 15.55g (97.19%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 23.57g (8.57%), Sugar: 8.87g (9.86%), Cholesterol: 230.71mg (76.9%), Sodium: 1787.45mg (77.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.94g (103.89%), Vitamin A: 11253.72IU (225.07%), Manganese: 1.88mg (93.96%), Vitamin B3: 15.55mg (77.75%), Phosphorus: 660.97mg (66.1%), Vitamin B1: 0.88mg (58.75%), Magnesium: 215.28mg (53.82%), Copper: 0.94mg (47.1%), Selenium: 31.54µg (45.06%),

Vitamin E: 6.64mg (44.3%), Vitamin B6: 0.79mg (39.59%), Potassium: 1269.06mg (36.26%), Vitamin K: 37.08µg (35.31%), Zinc: 5.24mg (34.96%), Folate: 126.12µg (31.53%), Fiber: 7.82g (31.29%), Vitamin B2: 0.47mg (27.74%), Iron: 4.61mg (25.62%), Calcium: 208.38mg (20.84%), Vitamin B5: 1.92mg (19.2%), Vitamin C: 11.07mg (13.41%), Vitamin B12: 0.74µg (12.29%), Vitamin D: 0.29µg (1.96%)