



Thai Meatballs with Basil, Lime and Coconut Curry Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 90% lean ()
- ☐ 0.3 cup basil chopped
- ☐ 2 tablespoons curry green
- ☐ 1 container so delicious dairy free original culinary coconut milk canned (equivalent to 1 can full-fat coconut milk)
- ☐ 1 eggs
- ☐ 1 tablespoon fish sauce
- ☐ 2 garlic cloves minced

- ☐ 1 juice of lime
- ☐ 0.5 cup panko bread crumbs gluten-free (regular or)
- ☐ 0.3 cup scallion chopped
- ☐ 2 tablespoon sriracha
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup coconut flakes unsweetened
- ☐ 0.3 cup vegetable broth

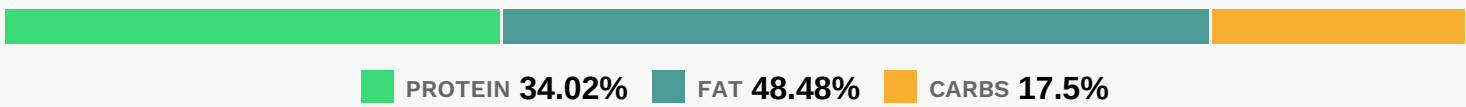
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper

Directions

- ☐ Combine all ingredients for the meatballs in a medium bowl. Form into 12 meatballs and place on parchment paper. Brown the meatballs in a nonstick pan in two batches, each with 1 tablespoon oil. In a large saucepan (I use wide a 3.5 quart), combine the ingredients for the sauce except for the lime zest.
- ☐ Mix well and cook over low until thickened, about 5 minutes.
- ☐ Add the meatballs to the sauce and increase heat to medium-low. Simmer meatballs in sauce until cooked all the way through, turning them occasionally (cook for about 15 minutes).
- ☐ Serve with lime zest on top. VOILA!

Nutrition Facts



Properties

Glycemic Index:71.38, Glycemic Load:2.46, Inflammation Score:-4, Nutrition Score:17.575652257256%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 310.89kcal (15.54%), Fat: 16.7g (25.69%), Saturated Fat: 8.15g (50.95%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 11.1g (4.04%), Sugar: 4.64g (5.16%), Cholesterol: 114.63mg (38.21%), Sodium: 734.3mg (31.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.74%), Vitamin B12: 2.65µg (44.24%), Zinc: 5.99mg (39.92%), Selenium: 26.28µg (37.55%), Vitamin B3: 6.59mg (32.95%), Vitamin B6: 0.55mg (27.64%), Phosphorus: 271.75mg (27.17%), Iron: 4.4mg (24.45%), Vitamin K: 23.83µg (22.7%), Manganese: 0.43mg (21.26%), Vitamin B2: 0.29mg (17%), Potassium: 528.22mg (15.09%), Magnesium: 51.01mg (12.75%), Vitamin C: 9.49mg (11.5%), Fiber: 2.47g (9.87%), Copper: 0.2mg (9.87%), Vitamin B1: 0.15mg (9.81%), Vitamin B5: 0.97mg (9.66%), Folate: 33.68µg (8.42%), Vitamin E: 1.25mg (8.3%), Calcium: 62.97mg (6.3%), Vitamin A: 277.64IU (5.55%), Vitamin D: 0.34µg (2.24%)