



Vietnamese Meatball Lollipops with Dipping Sauce



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 1.3 lb pd of ground turkey 90% lean (at least)
- ☐ 0.3 cup water chestnuts drained chopped (from 8-oz can)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons fish sauce
- ☐ 0.5 teaspoon pepper
- ☐ 3 cloves garlic finely chopped

- ☐ 0.3 cup water
- ☐ 0.3 cup soy sauce reduced-sodium
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 tablespoons spring onion fresh chopped
- ☐ 2 tablespoons juice of lime
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 6 inch bamboo skewers

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 400°F. Line cookie sheet with foil; spray with cooking spray (or use nonstick foil).
- ☐ In large bowl, combine all meatball ingredients until well mixed. Shape into 1 1/4-inch meatballs. On cookie sheet, place meatballs 1 inch apart.
- ☐ Bake 20 minutes, turning halfway through baking, until thermometer inserted in center of meatballs reads at least 165°F.
- ☐ Meanwhile, in 1-quart saucepan, heat all dipping sauce ingredients over low heat until sugar is dissolved; set aside.
- ☐ Insert bamboo skewers into cooked meatballs; place on serving plate.
- ☐ Serve with warm dipping sauce.

Nutrition Facts



 **PROTEIN 63.43%**  **FAT 11.58%**  **CARBS 24.99%**

Properties

Glycemic Index:15.67, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:5.7304348375486%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 74.38kcal (3.72%), Fat: 0.97g (1.5%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.36g (1.59%), Sugar: 2.37g (2.63%), Cholesterol: 25.99mg (8.66%), Sodium: 454.33mg (19.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12g (23.99%), Vitamin B3: 4.78mg (23.9%), Vitamin B6: 0.46mg (22.95%), Selenium: 11.05µg (15.79%), Phosphorus: 121.36mg (12.14%), Zinc: 0.94mg (6.29%), Magnesium: 24.36mg (6.09%), Potassium: 194.25mg (5.55%), Vitamin B5: 0.47mg (4.66%), Vitamin B12: 0.26µg (4.26%), Vitamin B2: 0.07mg (4.13%), Manganese: 0.08mg (4%), Iron: 0.61mg (3.39%), Vitamin K: 3.38µg (3.22%), Copper: 0.05mg (2.51%), Vitamin B1: 0.04mg (2.47%), Folate: 9.3µg (2.33%), Vitamin C: 1.54mg (1.87%), Fiber: 0.37g (1.47%), Vitamin A: 71.33IU (1.43%), Vitamin D: 0.19µg (1.26%), Calcium: 10.71mg (1.07%), Vitamin E: 0.15mg (1.02%)