

Vietnamese Meatballs

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-vietnamese-meatballs-recipe>

Ingredients:

- 1 pound ground pork
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon crushed red pepper flakes
- 3 cloves garlic minced
- 1 teaspoon fresh ginger minced
- 1/2 onion small dice
- 1/2 cup panko breadcrumbs
- 2 whole eggs
- 1/4 teaspoon five-spice
- 2 teaspoons low sodium soy sauce
- 2 tablespoons cilantro chopped
- 1 tablespoon mint chopped
- green onions for garnish, if desired, optional
- 2 tablespoons fish sauce
- 2 tablespoons low sodium soy sauce
- 2 tablespoons Asian chili sauce
- 2 tablespoons lime juice
- 2 Sriracha teasoons
- 1 teaspoon sugar

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 185 milligrams
4. Fat: 27 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 10 grams

8. Sodium: 1950 milligrams
 9. Sugar: 4 grams
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