

# Sweet and Sour Meatballs

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-hot-and-sour-meatballs-recipe>

## Ingredients:

- 12 ounces ground pork or ground chicken
- 1/2 inch ginger piece peeled
- 2 cloves garlic
- 1/4 teaspoon chinese five-spice powder optional
- 1 teaspoon sesame oil
- 3 dashes ground white pepper
- 1 pinch salt
- oil for pan-frying
- 1/2 onion small, quartered
- 2 tablespoons ketchup
- 2 tablespoons Thai sweet chili sauce
- 1 teaspoon Chinese rice vinegar or Apple cider vinegar
- 1 teaspoon soy sauce
- 2 tablespoons water
- 1/2 teaspoon cornstarch

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 100 milligrams
4. Fat: 38 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 12 grams
8. Sodium: 630 milligrams
9. Sugar: 5 grams

---

Thank you for visiting our website. Hope you enjoy Sweet and Sour Meatballs above. You can see more 16 chinese hot and sour meatballs recipe Ignite your passion for cooking! to get more great cooking

ideas.