

Vietnamese Meatballs (Bun Cha)

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-bun-cha-recipe-jamie-oliver>

Ingredients:

- 1 pound ground pork
- 1 pound ground beef
- 2 tablespoons mint minced
- 2 tablespoons basil minced
- 2 tablespoons cilantro minced
- 3 scallions minced, green parts only for Low FODMAP
- 2 tablespoons chia seeds
- 2 tablespoons ginger
- 2 teaspoons lime zest
- 1/2 teaspoon salt increase to 1 tsp for Low FODMAP
- 1 tablespoon fish sauce omit for Low FODMAP
- 1 tablespoon coconut aminos omit for Low FODMAP
- 3 cloves garlic minced, omit for Low FODMAP
- 1/3 cup mayo homemade, or primal kitchens
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne more to taste

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 110 milligrams
4. Fat: 33 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 11 grams
8. Sodium: 710 milligrams
9. Sugar: 1 grams

10. TransFat: 1 grams

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