

Grilled Vietnamese Meatballs

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 pound ground beef extra lean
- 1 tablespoon cilantro finely chopped
- 4 garlic cloves minced
- 3 green onions chopped finely
- 1 teaspoon ginger root grated
- 1 teaspoon red pepper flakes
- 1 egg white
- 1/2 cup breadcrumbs
- salt
- pepper

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 75 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 7 grams
8. Sodium: 380 milligrams
9. Sugar: 1 grams
10. TransFat: 1 grams

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