



# Asian 5 Spice Meatballs with Plum Sauce



Estimated Time: 45 mins

## Nutrition Per Serving

8 Servings (4 meatballs/serving)

Calories .....	246
Protein .....	35g
Total Carbohydrates .....	15g
Net .....	13.7g
Sugar .....	5.7g
Fiber .....	1.3g
Total Fat .....	4.7g
Saturated Fat .....	1.6g
Polyunsaturated Fat .....	0.2g
Monounsaturated Fat .....	0.05g
Trans Fat .....	0g
Cholesterol .....	32.9mg
Minerals	
Sodium .....	145mg
Potassium .....	164mg
Phosphorus .....	92.2mg
Calcium .....	48.7mg

Recipe provided by  
Chef Duane

## Ingredients

1 Granny Smith apple, peeled, cored and minced (8 oz)	16 oz lean ground beef
1 yellow onion, minced (6 oz)	1 cup wheat gluten
2 cloves garlic, minced	4 egg whites
1 tablespoon minced fresh ginger	6 dried prunes
½ teaspoon anise powder	2 tablespoons Mirin
⅓ teaspoon ground fennel	2 teaspoons low-sodium soy sauce
⅓ teaspoon black pepper	
⅓ teaspoon ground cloves	
⅓ teaspoon ground cinnamon	

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. Pre-heat oven to 350°F.
2. In a non-stick fry pan, cook onions and apples for 5 min.
3. Add garlic, ginger, anise powder, ground fennel, ground cloves, ground black pepper and ground cinnamon and cook for one more min. Set aside to cool for 10 min.
4. Combine ground beef, wheat gluten, egg whites and the cooked ingredients, and mix thoroughly.
5. Begin to roll mixture into 32 meatballs and place on an oiled baking sheet.
6. Cook the meatballs for 15-20 minutes in the oven.
7. Next, cook the dried prunes in ½ cup of water for 10-12 minutes until the prunes are soft.
8. Add the cooked prunes, ½ of the prune water, Mirin and soy sauce to a food processor and blend, creating a paste. (Note: If the mixture is too thick, add water.)
9. Coat the meatballs with the cooked prune mixture. Place them back in the oven for a few minutes to heat the sauce, creating a glaze. Let them cool before serving.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.