



6%  
HEALTH SCORE

## Albondigas Soup III

 Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 eggs
- 0.5 cup flour all-purpose
- 2 teaspoons garlic salt
- 1 pound ground beef
- 0.3 teaspoon ground cumin
- 2 teaspoons pepper black
- 2 tablespoons oregano dried
- 3 potatoes cubed peeled

- 8 servings salt and pepper to taste
- 2 quarts water
- 0.5 cup rice white uncooked

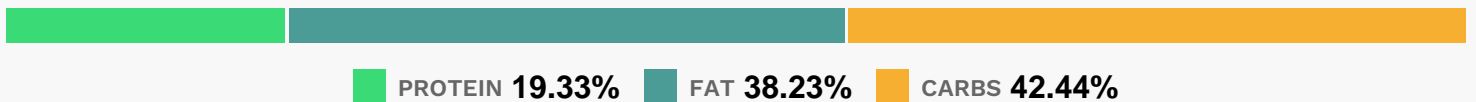
## Equipment

- bowl
- pot

## Directions

- Pour the water into a large pot over high heat and bring to a boil.
- Meanwhile, in a large bowl, combine the ground beef, rice, egg, oregano, garlic salt, ground black pepper and cumin.
- Mix well and form into 1 inch meatballs.
- Roll the meatballs in the flour, coating well, and carefully drop them in the boiling water. Reduce heat to low and simmer for 45 minutes, stirring frequently, and making sure soup does not get too thick.
- Add more water, if necessary, and add the potatoes to the soup. Simmer for 1 more hour, or until potatoes are tender. Season with salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:32.74, Glycemic Load:20.17, Inflammation Score:-8, Nutrition Score:12.49608697062%

## Flavonoids

Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 288.83kcal (14.44%), Fat: 12.17g (18.73%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 30.41g (10.14%), Net Carbohydrates: 27.63g (10.05%), Sugar: 0.73g (0.82%), Cholesterol: 60.72mg (20.24%), Sodium: 838.83mg (36.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.7%), Vitamin B6: 0.47mg (23.26%),

Manganese: 0.44mg (21.94%), Selenium: 14.91µg (21.3%), Vitamin B12: 1.26µg (21.04%), Vitamin B3: 3.96mg (19.78%),  
Zinc: 2.92mg (19.48%), Vitamin C: 15.77mg (19.11%), Phosphorus: 170.69mg (17.07%), Iron: 2.83mg (15.73%),  
Potassium: 542.28mg (15.49%), Fiber: 2.78g (11.13%), Vitamin B2: 0.19mg (10.97%), Vitamin B1: 0.16mg (10.87%),  
Copper: 0.22mg (10.75%), Vitamin K: 11.18µg (10.65%), Magnesium: 40.12mg (10.03%), Folate: 37.61µg (9.4%),  
Vitamin B5: 0.78mg (7.75%), Calcium: 57.62mg (5.76%), Vitamin E: 0.55mg (3.67%), Vitamin A: 56.09IU (1.12%),  
Vitamin D: 0.17µg (1.11%)