



Albondigas Soup (Mexican Meatball Soup)



Gluten Free



Dairy Free



Popular

READY IN



65 min.

SERVINGS



6

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 large onion chopped
- ☐ 1 large garlic clove minced
- ☐ 2 quarts beef stock
- ☐ 1 quart water
- ☐ 0.5 cup tomato sauce
- ☐ 0.5 pound green beans cut into 1 inch pieces
- ☐ 2 large carrots peeled sliced

- ☐ 0.3 cup rice raw white
- ☐ 1 pound ground beef
- ☐ 0.3 cup spearmint leaves fresh loosely packed chopped ()
- ☐ 0.3 cup parsley loosely packed chopped ()
- ☐ 1 eggs raw
- ☐ 1.5 teaspoon salt
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cup peas fresh
- ☐ 1 teaspoon oregano dried fresh crumbled chopped
- ☐ 6 servings salt and pepper
- ☐ 0.5 cup cilantro leaves fresh chopped

Equipment

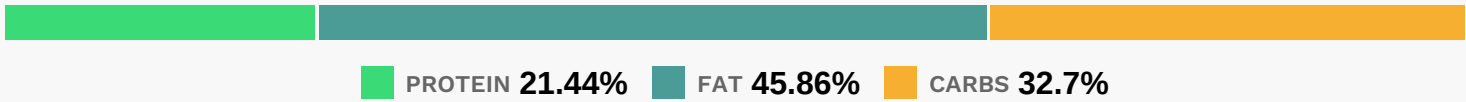
- ☐ pot

Directions

- ☐ Make the soup base with onion, garlic, broth, tomato sauce, carrots and green beans:
- ☐ Heat oil in large heavy-bottomed pot (5-qt) over medium heat.
- ☐ Add onion and cook until tender, about 5 minutes.
- ☐ Add the garlic and cook a minute more.
- ☐ Add stock, water, and tomato sauce. Bring to boil and reduce heat to simmer.
- ☐ Add carrots and string beans.
- ☐ Mix rice into meat, adding mint leaves and parsley, salt and pepper.
- ☐ Mix in raw egg. Form mixture into 1-inch meatballs.
- ☐ Add meatballs to soup, let simmer, add peas: Gently add the meatballs to the simmering soup, one at a time. Cover and let simmer for 1/2 hour.
- ☐ Add the peas towards the end of the 1/2 hour.
- ☐ Add a few pinches of oregano and sprinkle with salt and pepper, and a dash of cayenne, to taste.

Garnish with chopped fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:66.89, Glycemic Load:8.8, Inflammation Score:-10, Nutrition Score:33.32913048371%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg

Nutrients (% of daily need)

Calories: 494.56kcal (24.73%), Fat: 25.58g (39.35%), Saturated Fat: 8.01g (50.07%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 33.51g (12.19%), Sugar: 11.29g (12.54%), Cholesterol: 90.42mg (30.14%), Sodium: 1418.69mg (61.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.91g (53.82%), Vitamin A: 5601.99IU (112.04%), Vitamin K: 81.27µg (77.4%), Manganese: 1.29mg (64.63%), Vitamin B3: 10.12mg (50.59%), Iron: 8.17mg (45.4%), Vitamin B6: 0.85mg (42.47%), Vitamin C: 32.87mg (39.84%), Vitamin B2: 0.59mg (34.6%), Selenium: 23.62µg (33.74%), Zinc: 4.93mg (32.83%), Phosphorus: 320.25mg (32.03%), Fiber: 7.51g (30.04%), Vitamin B12: 1.68µg (28.05%), Potassium: 979.89mg (28%), Folate: 95.71µg (23.93%), Copper: 0.46mg (22.83%), Vitamin B1: 0.32mg (21.22%), Magnesium: 74.96mg (18.74%), Calcium: 168.05mg (16.8%), Vitamin E: 1.94mg (12.92%), Vitamin B5: 0.9mg (9.03%), Vitamin D: 0.22µg (1.48%)