



Arabian Meatballs in Broth



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups beef broth
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.8 pound ground beef 7% lean (fat or less)
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup onion minced
- ☐ 2 tablespoons parsley chopped
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 cup quick-cooking rice cereal ()
- ☐ 0.5 teaspoon salt
- ☐ 1.5 tablespoons tomato paste
- ☐ 2 tablespoons rice long-grain white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Mix rice cereal with 1/3 cup cold water; let stand at least 5 minutes.
- ☐ Meanwhile, in a 5- to 6-quart nonstick pan, stir half the onion and 1 teaspoon garlic over medium-high heat until limp, about 4 minutes. Stir in tomato paste, broth, and rice. Bring to a boil over high heat, then reduce heat to low, cover, and simmer until rice is tender to bite, 12 to 15 minutes.
- ☐ As rice cooks, mix beef with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Mix half the beef mixture with one-fourth of the rice cereal mixture, remaining onion and garlic, 1 tablespoon mint, and parsley.
- ☐ In a food processor, whirl remaining beef mixture and remaining rice cereal mixture until it is a sticky paste.
- ☐ Shape each of the meat mixtures into 4 oval pieces. In your palm, flatten 1 piece of the beef paste until it's 1/4 inch thick.
- ☐ Lay a coarse-beef oval over the thin piece and fold paste around it, shaping into a 3-inch-long football.
- ☐ Repeat to form each meatball, and as shaped, drop into simmering broth.
- ☐ Simmer over low heat, covered, turning meatballs once, until no longer pink in center (cut to test), about 10 minutes.
- ☐ Add lemon juice, remaining mint, and salt and pepper to taste. Ladle meatball soup into bowls.

Nutrition Facts



 **PROTEIN 42.02%**  **FAT 20.35%**  **CARBS 37.63%**

Properties

Glycemic Index:56.8, Glycemic Load:5.19, Inflammation Score:-6, Nutrition Score:17.380000085934%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.46mg, Apigenin: 4.46mg, Apigenin: 4.46mg, Apigenin: 4.46mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 241.09kcal (12.05%), Fat: 5.35g (8.23%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 20.59g (7.49%), Sugar: 2.69g (2.99%), Cholesterol: 52.73mg (17.58%), Sodium: 1739.23mg (75.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.84g (49.68%), Vitamin B3: 8.69mg (43.47%), Vitamin B12: 2.16µg (35.95%), Selenium: 23.54µg (33.62%), Vitamin K: 34.19µg (32.56%), Zinc: 4.77mg (31.83%), Phosphorus: 263.09mg (26.31%), Vitamin B6: 0.51mg (25.72%), Iron: 3.99mg (22.17%), Manganese: 0.42mg (21.06%), Potassium: 671.88mg (19.2%), Vitamin B2: 0.25mg (14.96%), Vitamin C: 11.98mg (14.52%), Folate: 57.81µg (14.45%), Vitamin B1: 0.18mg (12.18%), Magnesium: 40.71mg (10.18%), Vitamin B5: 0.85mg (8.5%), Copper: 0.17mg (8.28%), Vitamin A: 381.75IU (7.63%), Fiber: 1.66g (6.62%), Calcium: 63.07mg (6.31%), Vitamin E: 0.55mg (3.65%)