



WHATSheATE



Carrots and Meatballs Soup (Sopa de Zanahoria y Albondigas)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 cups beef stock
- ☐ 4 large carrots peeled thinly sliced
- ☐ 0.3 teaspoon color
- ☐ 6 servings cilantro leaves fresh for serving
- ☐ 1 garlic clove finely chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 pound beef and ground pork

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon onion powder
- ☐ 6 servings salt and pepper
- ☐ 1 scallion finely chopped

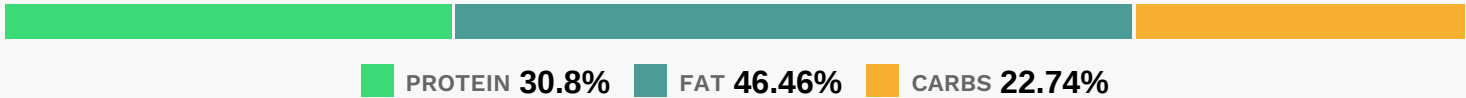
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot, heat the oil over medium heat. Then add the onions and cook for 3 to 4 minutes or until the onions are translucent.
- ☐ Add the garlic, scallions and cook for another 3 minutes.To make the meatballs: In a medium bowl, combine all the meatball ingredients and using your hands, mix well until combined. Divide meat mixture into equal portions and roll into balls with your hands.
- ☐ Place on a plate and set aside.
- ☐ Add the meatballs, carrots, cumin, color and stock to the pot. Bring to a boil. Then cover the pot and reduce the heat to medium- low and cook for about 30 to 40 minutes.
- ☐ Add fresh cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:14.541739142459%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 161.59kcal (8.08%), Fat: 8.43g (12.97%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 7.7g (2.8%), Sugar: 4.14g (4.6%), Cholesterol: 27.22mg (9.07%), Sodium: 803.75mg (34.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.15%), Vitamin A: 8050.51IU (161.01%), Vitamin B1: 0.41mg (27.26%), Potassium: 805.51mg (23.01%), Vitamin B3: 4.59mg (22.93%), Vitamin B2: 0.38mg (22.15%), Vitamin B6: 0.39mg (19.33%), Selenium: 12.92µg (18.45%), Phosphorus: 175.64mg (17.56%), Vitamin K: 11.12µg (10.59%), Zinc: 1.47mg (9.81%), Copper: 0.19mg (9.43%), Magnesium: 34.76mg (8.69%), Iron: 1.42mg (7.89%), Fiber: 1.59g (6.35%), Manganese: 0.1mg (5.18%), Vitamin C: 4.2mg (5.1%), Calcium: 49.99mg (5%), Folate: 19.47µg (4.87%), Vitamin B12: 0.26µg (4.41%), Vitamin B5: 0.4mg (4%), Vitamin E: 0.37mg (2.45%)