



Colombian-Style Meatballs (Albondigas Colombianas)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 2 cups beef broth
- ☐ 0.3 cup precooked corn meal (masarepa)
- ☐ 1 large eggs
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 garlic clove minced
- ☐ 0.5 pound ground beef

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 pound ground pork
- ☐ 4 servings sauce
- ☐ 4 servings meatballs
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup bell pepper red
- ☐ 4 servings salt and pepper
- ☐ 1 scallion chopped

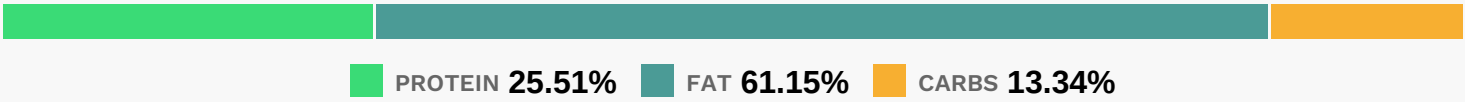
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Place the ground beef and pork in a large bowl.
- ☐ Add onions, garlic, scallion, red bell pepper, masarepa, egg, salt and pepper.
- ☐ Mix well using your hands. Form the meatballs and place them on a platter.
- ☐ Place the oil in a large saucepan over medium heat. Sauté the meatballs until well-browned on all sides, about 7 minutes total.
- ☐ Sprinkle in the flour and stir with a wooden spoon to dissolve into the fat.
- ☐ Pour in the beef broth, and stir with a wooden spoon to loosen the bits from the bottom of the pan. Simmer and stir until the liquid is reduced and a sauce starts to form. Season with salt and pepper.
- ☐ Add the hogao and cook for 10 minutes, stirring often. Return the meatballs to the sauce. Simmer until the sauce thickens slightly and the meatballs are heated through, about 15 to 20 minutes.
- ☐ Sprinkle with cilantro and serve over white rice.

Nutrition Facts



Properties

Glycemic Index:75.38, Glycemic Load:6.84, Inflammation Score:-5, Nutrition Score:16.015652138254%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 384.74kcal (19.24%), Fat: 25.75g (39.61%), Saturated Fat: 9.54g (59.62%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 11.09g (4.03%), Sugar: 1.35g (1.5%), Cholesterol: 128.3mg (42.77%), Sodium: 742.97mg (32.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.16g (48.33%), Selenium: 29.45µg (42.07%), Vitamin B1: 0.53mg (35.23%), Vitamin B3: 6.46mg (32.29%), Vitamin B12: 1.81µg (30.21%), Zinc: 4.21mg (28.09%), Vitamin B6: 0.55mg (27.52%), Phosphorus: 266.62mg (26.66%), Vitamin B2: 0.35mg (20.35%), Vitamin C: 14.15mg (17.15%), Iron: 2.81mg (15.58%), Potassium: 492mg (14.06%), Vitamin K: 10.92µg (10.4%), Vitamin B5: 1.02mg (10.15%), Magnesium: 40.04mg (10.01%), Vitamin A: 463.95IU (9.28%), Folate: 34.14µg (8.54%), Manganese: 0.17mg (8.5%), Fiber: 1.55g (6.2%), Copper: 0.11mg (5.69%), Calcium: 43.23mg (4.32%), Vitamin E: 0.6mg (4.02%), Vitamin D: 0.31µg (2.04%)