



Creamy Meatballs and Potatoes

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups lime wedges refrigerated (from 1 lb. 4-oz. pkg.)
- 10.8 oz campbell's® condensed onion soup canned
- 0.3 cup water
- 2 cups broccoli florets frozen (from 1-lb. pkg.)
- 12 oz meatballs frozen thawed cooked
- 0.3 cup cream sour

Equipment

- frying pan

Directions

- In 12-inch nonstick skillet, combine potatoes, soup and water; stir gently to mix. Bring to a boil. Reduce heat to low; simmer 5 minutes, stirring occasionally.
- Stir in broccoli and meatballs; simmer 10 to 15 minutes or until broccoli and potatoes are tender, stirring occasionally.
- Stir in sour cream; cook just until thoroughly heated, stirring occasionally.

Nutrition Facts

PROTEIN 20.6% **FAT 56.86%** **CARBS 22.54%**

Properties

Glycemic Index:16, Glycemic Load:3.5, Inflammation Score:-7, Nutrition Score:19.407826361449%

Flavonoids

Hesperetin: 50.87mg, Hesperetin: 50.87mg, Hesperetin: 50.87mg, Hesperetin: 50.87mg Naringenin: 4.02mg, Naringenin: 4.02mg, Naringenin: 4.02mg, Naringenin: 4.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 330.53kcal (16.53%), Fat: 22.12g (34.03%), Saturated Fat: 8.83g (55.18%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 14.63g (5.32%), Sugar: 5.68g (6.31%), Cholesterol: 72.76mg (24.25%), Sodium: 463.34mg (20.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.03g (36.06%), Vitamin C: 75.73mg (91.8%), Vitamin B1: 0.69mg (46.21%), Vitamin K: 47.34µg (45.08%), Selenium: 23.06µg (32.95%), Potassium: 864.78mg (24.71%), Vitamin B6: 0.46mg (23.11%), Vitamin B3: 4.23mg (21.15%), Phosphorus: 211.08mg (21.11%), Fiber: 5.1g (20.42%), Vitamin B2: 0.3mg (17.7%), Zinc: 2.24mg (14.91%), Vitamin B5: 1.13mg (11.34%), Folate: 43.24µg (10.81%), Vitamin B12: 0.63µg (10.43%), Iron: 1.8mg (10%), Calcium: 99.48mg (9.95%), Vitamin A: 438.12IU (8.76%), Magnesium: 34.4mg (8.6%), Copper: 0.14mg (7.12%), Manganese: 0.12mg (5.75%), Vitamin E: 0.67mg (4.47%)