



Creamy Meatballs and Potatoes

 **Gluten Free**  **Popular**

READY IN



25 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

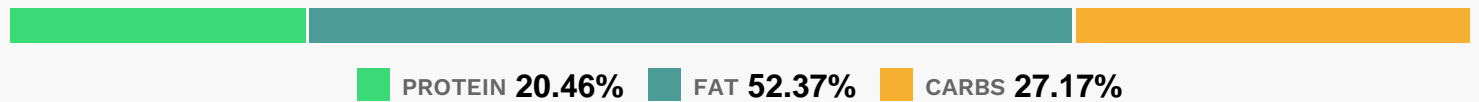
Equipment

- 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



Properties

Glycemic Index:28.94, Glycemic Load:14.02, Inflammation Score:-6, Nutrition Score:20.573913190676%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 375.89kcal (18.79%), Fat: 21.98g (33.82%), Saturated Fat: 8.83g (55.18%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 21.55g (7.84%), Sugar: 4.5g (5%), Cholesterol: 72.76mg (24.25%), Sodium: 467.27mg (20.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.32g (38.64%), Vitamin C: 62mg (75.15%), Vitamin B1: 0.74mg (49.45%), Vitamin K: 48.62µg (46.31%), Vitamin B6: 0.72mg (36.05%), Potassium: 1186.17mg (33.89%), Selenium: 22.91µg (32.72%), Vitamin B3: 5.1mg (25.5%), Phosphorus: 249.64mg (24.96%), Vitamin B2: 0.31mg (18.29%), Fiber: 4.1g (16.41%), Zinc: 2.41mg (16.07%), Manganese: 0.27mg (13.31%), Magnesium: 51.45mg (12.86%), Folate: 50.58µg (12.64%), Vitamin B5: 1.19mg (11.88%), Iron: 1.91mg (10.61%), Vitamin B12: 0.63µg (10.43%), Copper: 0.18mg (8.95%), Vitamin A: 381.07IU (7.62%), Calcium: 73.04mg (7.3%), Vitamin E: 0.42mg (2.8%)