



Estofado de Albóndigas (Slow-Cooker Meatball Stew)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups beef stock
- ☐ 2 large carrots
- ☐ 0.3 teaspoon cumin powder
- ☐ 2 large eggs beaten
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 1 pound ground beef

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound ground pork
- ☐ 1 cup aliños sauce
- ☐ 0.5 onion grated
- ☐ 2 large potatoes peeled cut into small chunks
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 8 servings salt and pepper
- ☐ 1 scallion finely chopped
- ☐ 1 cup tomato sauce

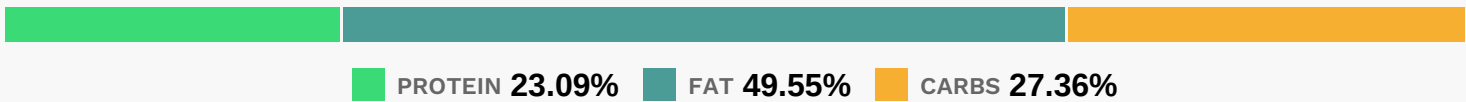
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place the ground beef and pork in a large bowl.
- ☐ Add onions, garlic, scallion, red bell pepper, masarepa, eggs, cumin, salt and pepper.
- ☐ Mix well using your hands. Form the meatballs and add them to the slow cooker along with the remaining stew ingredients.
- ☐ Mix everything together carefully so as to not break up the meatballs. Cook on low 7–8 hours or on high 3–4 hours.
- ☐ Serve with white rice and avocado on the side.

Nutrition Facts



Properties

Glycemic Index:42.32, Glycemic Load:13.25, Inflammation Score:-10, Nutrition Score:23.880000135173%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 456.04kcal (22.8%), Fat: 24.98g (38.44%), Saturated Fat: 9.3g (58.13%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 27.64g (10.05%), Sugar: 10.92g (12.14%), Cholesterol: 127.58mg (42.53%), Sodium: 1038.44mg (45.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.39%), Vitamin A: 3555.86IU (71.12%), Vitamin B6: 0.86mg (43.08%), Vitamin C: 34.87mg (42.27%), Selenium: 28.38µg (40.55%), Vitamin B1: 0.59mg (39.27%), Vitamin B3: 7.49mg (37.46%), Phosphorus: 325.2mg (32.52%), Potassium: 1134.82mg (32.42%), Zinc: 4.42mg (29.48%), Vitamin B12: 1.72µg (28.69%), Vitamin B2: 0.46mg (26.86%), Iron: 3.43mg (19.08%), Magnesium: 61.4mg (15.35%), Copper: 0.28mg (14.14%), Fiber: 3.39g (13.57%), Vitamin B5: 1.32mg (13.18%), Manganese: 0.26mg (12.88%), Vitamin K: 11.33µg (10.79%), Folate: 42.92µg (10.73%), Vitamin E: 1.12mg (7.47%), Calcium: 62.91mg (6.29%), Vitamin D: 0.31µg (2.04%)