



## Grandma Salazar's Albóndigas Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup carrots chopped
- 2 large egg whites
- 4 cups fat-skimmed beef broth fat-free (1 [32-ounce] carton)
- 0.5 cup cilantro leaves fresh divided minced
- 2 tablespoons mint leaves fresh chopped
- 1 garlic clove minced
- 1 teaspoon ground cumin

- 0.5 pound ground pork lean
- 0.5 pound ground sirloin
- 2 cups onion divided chopped
- 1.5 teaspoons oregano dried
- 0.8 teaspoon salt divided
- 0.5 cup short grain rice
- 8 ounces canned tomatoes peeled seeded chopped
- 1 cup water boiling
- 1 ounce sandwich bread white
- 2 cups zucchini chopped

## Equipment

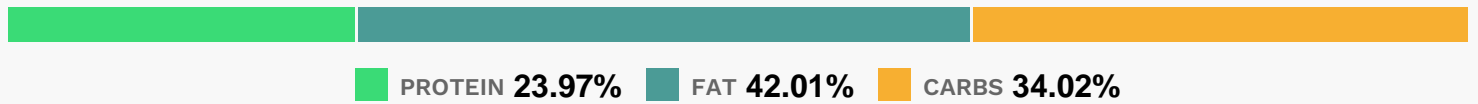
- food processor
- frying pan
- paper towels
- dutch oven

## Directions

- Pour water over rice, and let stand 20 minutes.
- Drain.
- Heat a nonstick skillet over medium heat. Coat pan with cooking spray.
- Add 1/2 cup onion to pan; cook 5 minutes or until tender, stirring occasionally.
- Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 1/4 cups.
- Combine rice, cooked onion, breadcrumbs, 1/4 cup cilantro, cumin, 1/4 teaspoon salt, oregano, pork, sirloin, and egg whites, stirring well. Shape mixture into 29 (1-inch) meatballs. Chill for 20 minutes.
- Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add 10 meatballs, and cook 6 minutes, browning on all sides.

- Remove meatballs from pan; drain well on paper towels. Wipe drippings from pan with a paper towel. Repeat procedure with cooking spray and remaining meatballs. Return pan to heat. Coat with cooking spray.
- Add remaining 1 1/2 cups onion, carrot, and garlic to pan; saut 5 minutes or until vegetables are tender.
- Add tomato to pan, stirring to combine. Stir in broth; bring mixture to a boil.
- Add meatballs and mint to pan. Reduce heat, and simmer 35 minutes.
- Add zucchini, remaining 1/2 teaspoon salt, and pepper to pan. Cook 10 minutes.
- Garnish with remaining 1/4 cup cilantro.

## Nutrition Facts



### Properties

Glycemic Index:43.7, Glycemic Load:10.55, Inflammation Score:-9, Nutrition Score:15.315217305785%

### Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

### Nutrients (% of daily need)

Calories: 235.06kcal (11.75%), Fat: 10.97g (16.87%), Saturated Fat: 4.01g (25.05%), Carbohydrates: 19.98g (6.66%), Net Carbohydrates: 17.49g (6.36%), Sugar: 4.36g (4.84%), Cholesterol: 39.69mg (13.23%), Sodium: 806.11mg (35.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.15%), Vitamin A: 2901.46IU (58.03%), Selenium: 18.71µg (26.73%), Vitamin B1: 0.38mg (25.11%), Vitamin B3: 4.48mg (22.41%), Vitamin B6: 0.41mg (20.63%), Manganese: 0.38mg (19.08%), Vitamin B12: 1.05µg (17.47%), Phosphorus: 165.93mg (16.59%), Zinc: 2.38mg (15.88%), Vitamin C: 13.1mg (15.88%), Folate: 60.72µg (15.18%), Vitamin B2: 0.26mg (15.14%), Iron: 2.58mg (14.31%), Potassium: 493.84mg (14.11%), Fiber: 2.49g (9.96%), Vitamin K: 10.36µg (9.86%), Vitamin B5: 0.88mg (8.83%), Magnesium: 34.67mg (8.67%), Copper: 0.16mg (8.12%), Calcium: 63.42mg (6.34%), Vitamin E: 0.56mg (3.73%)