



Hedgehogs

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 26 ounce condensed tomato soup canned
- ☐ 1 eggs beaten
- ☐ 2.3 pounds ground beef
- ☐ 26 fluid ounces water
- ☐ 0.8 cup rice long-grain white uncooked

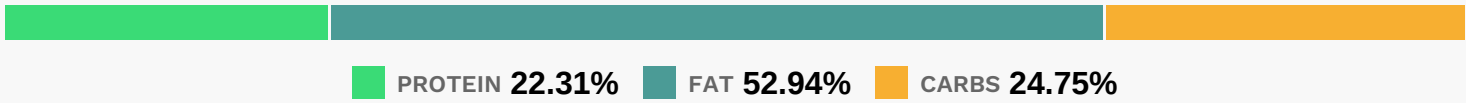
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large bowl, combine the beef, rice and egg beat.
- ☐ Mix well with hands, making mixture into medium sized meatballs. Set aside.
- ☐ Pour soup into a large saucepan, and dilute with 1 can of water.
- ☐ Heat to simmering over medium heat.
- ☐ Lower heat to low, drop meatballs into soup and simmer for 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:13.09, Inflammation Score:-4, Nutrition Score:15.830434804377%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 456.01kcal (22.8%), Fat: 26.56g (40.86%), Saturated Fat: 10.1g (63.11%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 26.69g (9.71%), Sugar: 7.62g (8.47%), Cholesterol: 111.04mg (37.01%), Sodium: 446.31mg (19.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.18g (50.36%), Vitamin B12: 2.78µg (46.32%), Zinc: 5.77mg (38.45%), Selenium: 26.21µg (37.44%), Vitamin B3: 6.46mg (32.32%), Vitamin B6: 0.53mg (26.45%), Phosphorus: 260.96mg (26.1%), Potassium: 889.79mg (25.42%), Iron: 3.25mg (18.08%), Manganese: 0.33mg (16.51%), Vitamin C: 11.89mg (14.41%), Vitamin B2: 0.24mg (13.9%), Magnesium: 40.54mg (10.14%), Copper: 0.18mg (9.07%), Vitamin B5: 0.9mg (9.01%), Vitamin A: 390.87IU (7.82%), Vitamin B1: 0.11mg (7.19%), Vitamin E: 0.91mg (6.09%), Vitamin K: 5.28µg (5.03%), Fiber: 1.24g (4.96%), Calcium: 45.76mg (4.58%), Folate: 12.9µg (3.23%), Vitamin D: 0.24µg (1.58%)