



Hidden Rainbow Albondigas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 29 ounce tomatoes diced drained canned
- ☐ 4 ounce chiles green drained chopped canned
- ☐ 0.8 cup carrots diced
- ☐ 1 cup cilantro leaves fresh
- ☐ 1 large eggs
- ☐ 1 pound pork tenderloins trimmed cut into 1/2-inch pieces
- ☐ 2 tablespoons juice of lime fresh

- ☐ 1 tablespoon olive oil
- ☐ 16 ounce pepper frozen (such as Birds Eye)
- ☐ 1 teaspoon salt divided
- ☐ 1 pound chicken breast boneless skinless cut into 1/2-inch pieces
- ☐ 0.5 cup onion sweet chopped
- ☐ 0.8 cup rice long-grain white divided uncooked
- ☐ 1.5 cups summer squash shredded yellow
- ☐ 32 ounce frangelico fat-free
- ☐ 64 ounce frangelico fat-free

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

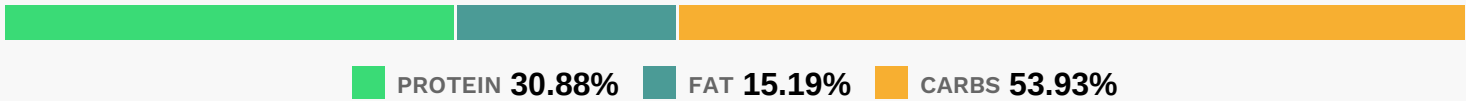
Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add pepper stir-fry to pan; cook 5 minutes, stirring occasionally.
- ☐ Add carrot; saut 5 minutes. Stir in tomatoes, chiles, and broths; bring to a boil. Reduce heat, and simmer 15 minutes or until carrot is tender.
- ☐ Place one-third of broth mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour into a large bowl. Repeat procedure with remaining broth mixture. Return to pan.
- ☐ Combine chicken, pork, squash, cilantro, 1/4 cup rice, onion, 1/2 teaspoon salt, 1/2 teaspoon black pepper, and egg in a food processor; process 30 seconds or until blended. Bring broth mixture to a boil. Drop meat mixture by rounded tablespoonfuls (about 45 meatballs) into broth mixture.

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Add remaining 1/2 cup rice to pan; reduce heat, and simmer 45 minutes or until meatballs are done. Stir in remaining 1/2 teaspoon salt and 1/2 teaspoon black pepper. Stir in juice.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:10.62, Inflammation Score:0, Nutrition Score:28.57304359519%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 260.3kcal (13.01%), Fat: 4.85g (7.46%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 27.64g (10.05%), Sugar: 2.98g (3.31%), Cholesterol: 64.26mg (21.42%), Sodium: 414.27mg (18.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.18g (44.36%), Manganese: 5.08mg (254.04%), Vitamin K: 70.59µg (67.23%), Fiber: 11.09g (44.35%), Vitamin B6: 0.85mg (42.71%), Selenium: 28.8µg (41.15%), Vitamin B3: 7.81mg (39.06%), Vitamin A: 1789.6IU (35.79%), Vitamin B1: 0.5mg (33.35%), Copper: 0.64mg (32.16%), Potassium: 1034.24mg (29.55%), Iron: 5.28mg (29.32%), Phosphorus: 279.29mg (27.93%), Magnesium: 100.77mg (25.19%), Calcium: 209.65mg (20.96%), Vitamin B2: 0.33mg (19.36%), Vitamin C: 14.36mg (17.41%), Vitamin B5: 1.72mg (17.2%), Zinc: 1.75mg (11.65%), Vitamin E: 1.35mg (9%), Folate: 29.66µg (7.41%), Vitamin B12: 0.31µg (5.09%), Vitamin D: 0.2µg (1.31%)