



## Low-Fat Albóndigas Soup

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

READY IN



**45 min.**

SERVINGS



**9**

CALORIES



**82 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black
- 2 cups carrots sliced
- 2 cups celery sliced
- 0.3 cup rice long-grain cooked
- 1 cup whole-kernel corn frozen thawed drained
- 1 large egg white
- 31.5 ounce less-sodium chicken broth fat-free canned
- 1 tablespoon cilantro leaves fresh chopped

- 3 tablespoons cilantro leaves fresh chopped
- 2 tablespoons parsley fresh chopped
- 3 garlic cloves minced
- 8 ounces pd of ground turkey
- 0.5 cup onion chopped
- 1 teaspoon oregano dried
- 1 cup tomatoes peeled seeded chopped
- 1 teaspoon vegetable oil
- 1 cup water

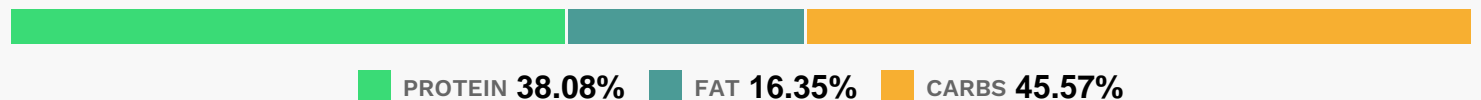
## Equipment

- bowl
- pot
- dutch oven

## Directions

- Combine the first 8 ingredients in a bowl, and shape the mixture into 24 (3/4-inch) meatballs.
- Heat the oil in a Dutch oven over medium-high heat.
- Add onion; saut 4 minutes or until tender. Stir in tomato, water, and broth; bring to a boil.
- Add celery, carrot, corn, and cumin, if desired. Return to a boil; drop meatballs into pot. Cover, reduce heat, and simmer 30 minutes or until vegetables are tender and meatballs are cooked. Stir in 3 tablespoons cilantro.

## Nutrition Facts



## Properties

Glycemic Index:41.98, Glycemic Load:2.63, Inflammation Score:-10, Nutrition Score:12.410869523235%

## Flavonoids

Apigenin: 2.56mg, Apigenin: 2.56mg, Apigenin: 2.56mg, Apigenin: 2.56mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## **Nutrients (% of daily need)**

Calories: 81.91kcal (4.1%), Fat: 1.58g (2.42%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 7.76g (2.82%), Sugar: 3.68g (4.08%), Cholesterol: 13.86mg (4.62%), Sodium: 540.36mg (23.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.51%), Vitamin A: 4989.63IU (99.79%), Vitamin K: 28.68µg (27.31%), Vitamin B3: 3.79mg (18.93%), Vitamin B6: 0.35mg (17.65%), Selenium: 9.27µg (13.24%), Phosphorus: 104.47mg (10.45%), Potassium: 361.56mg (10.33%), Manganese: 0.19mg (9.36%), Vitamin C: 7.35mg (8.91%), Fiber: 2.12g (8.48%), Vitamin B2: 0.13mg (7.65%), Folate: 29.36µg (7.34%), Vitamin B5: 0.62mg (6.18%), Magnesium: 23mg (5.75%), Vitamin B12: 0.33µg (5.5%), Iron: 0.96mg (5.36%), Vitamin B1: 0.07mg (4.88%), Copper: 0.1mg (4.85%), Zinc: 0.73mg (4.84%), Calcium: 42.38mg (4.24%), Vitamin E: 0.56mg (3.74%)