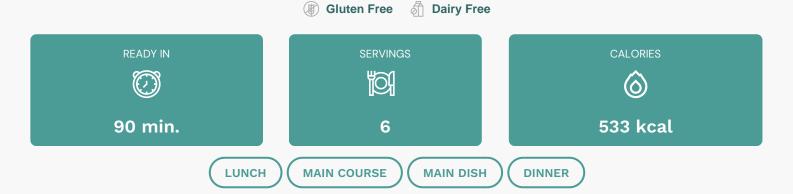


Meatball and Olive Stew (Albondigas Verdes)



Ingredients

- 0.5 cup cilantro leaves chopped
- 2 eggs beaten
- 1 teaspoon garlic minced
- 8 ounces olive green pitted
- 1 pound ground beef
- 1 pound ground pork
- 1 tablespoon olive oil
 - 0.5 small onion minced

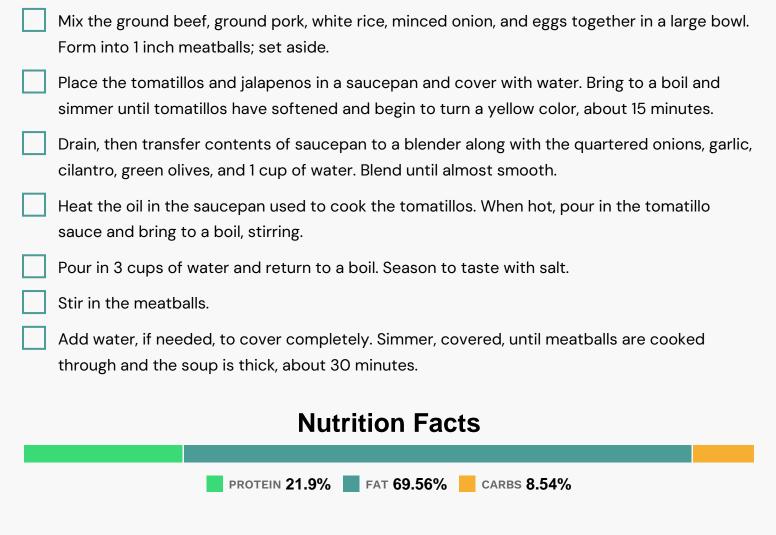
6 servings salt to taste

- 0.3 pound tomatillos fresh
- 3 cups water
- 2 tablespoons rice white uncooked
 - 2 tablespoons rice white uncooked

Equipment

- bowl
- sauce pan
- blender

Directions



Properties

Glycemic Index:35.23, Glycemic Load:4.91, Inflammation Score:-4, Nutrition Score:18.055217514867%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricet

Nutrients (% of daily need)

Calories: 532.67kcal (26.63%), Fat: 40.92g (62.96%), Saturated Fat: 13.35g (83.41%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 9.42g (3.43%), Sugar: 1.28g (1.42%), Cholesterol: 162.67mg (54.22%), Sodium: 904.85mg (39.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.99g (57.97%), Selenium: 36.48µg (52.11%), Vitamin B1: 0.62mg (41.3%), Vitamin B12: 2.28µg (37.96%), Vitamin B3: 7.11mg (35.54%), Zinc: 5.21mg (34.74%), Vitamin B6: 0.61mg (30.62%), Phosphorus: 304.1mg (30.41%), Vitamin B2: 0.37mg (22.06%), Iron: 2.83mg (15.72%), Vitamin E: 2.36mg (15.72%), Potassium: 536.72mg (15.33%), Vitamin B5: 1.26mg (12.64%), Magnesium: 41.62mg (10.41%), Copper: 0.2mg (9.93%), Vitamin K: 9.42µg (8.97%), Manganese: 0.18mg (8.87%), Fiber: 1.88g (7.53%), Vitamin A: 344.72IU (6.89%), Calcium: 62.98mg (6.3%), Folate: 21.16µg (5.29%), Vitamin C: 3.69mg (4.47%), Vitamin D: 0.37µg (2.46%)