



 9%
HEALTH SCORE

Meatball and Olive Stew (Albondigas Verdes)

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

- Mix the ground beef, ground pork, white rice, minced onion, and eggs together in a large bowl. Form into 1 inch meatballs; set aside.
- Place the tomatillos and jalapenos in a saucepan and cover with water. Bring to a boil and simmer until tomatillos have softened and begin to turn a yellow color, about 15 minutes.
- Drain, then transfer contents of saucepan to a blender along with the quartered onions, garlic, cilantro, green olives, and 1 cup of water. Blend until almost smooth.
- Heat the oil in the saucepan used to cook the tomatillos. When hot, pour in the tomatillo sauce and bring to a boil, stirring.
- Pour in 3 cups of water and return to a boil. Season to taste with salt.
- Stir in the meatballs.
- Add water, if needed, to cover completely. Simmer, covered, until meatballs are cooked through and the soup is thick, about 30 minutes.

Nutrition Facts

 PROTEIN 21.9%  FAT 69.56%  CARBS 8.54%

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, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol:
0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg
Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

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: 0g (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%)