



Meatball and Rice Soup (Sopa de Arroz con Albóndigas)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings avocado for serving
- ☐ 1 beef bouillon tablet
- ☐ 0.5 cup carrots chopped
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 eggs beaten
- ☐ 6 servings cilantro leaves fresh for garnish
- ☐ 2 garlic cloves minced

- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 cup green beans
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 pound ground pork
- ☐ 2 tablespoons oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 cup peas
- ☐ 0.5 cup rice
- ☐ 6 servings salt
- ☐ 0.5 teaspoon sazón goya with azafrán
- ☐ 1 scallion chopped
- ☐ 2 medium tomatoes chopped
- ☐ 0.3 cup warm water
- ☐ 8 cups water
- ☐ 0.5 cup masarepa
- ☐ 0.5 cup masarepa

Equipment

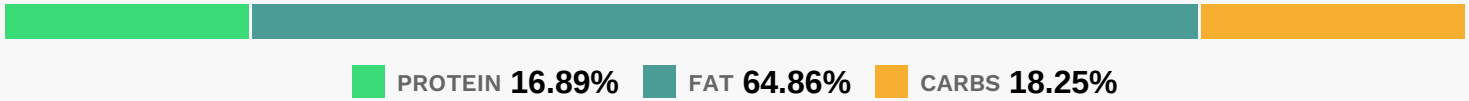
- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Make the guiso: In a medium sauce pan, heat the oil over medium heat.
- ☐ Add the onions and cook for about 5 minutes, add the rest of the ingredients and cook for about 10 minutes, stirring occasionally. Set aside.
- ☐ Place a pot over medium-high heat.

- ☐
- Add the water, beef boullion, ground cumin, guiso and achiote. Stir to combine. Reduce the heat to low and simmer for 15 minutes.While the broth is simmering, make the meatballs: In a medium bowl, combine all the meatball ingredients and using your hands, mix well until combined.Divide meat mixture equally into 12 portions and roll into balls with your hands.
- ☐
- Place in a plate and set aside.
- ☐
- Add the meatballs to the broth. Simmer for 20 minutes, add the rice and vegetables and cook for 20 minutes more. Stir in the fresh cilantro and top with avocado.
- ☐
- Serve.

Nutrition Facts



Properties

Glycemic Index:73.23, Glycemic Load:9.96, Inflammation Score:-9, Nutrition Score:27.877391131028%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 603.57kcal (30.18%), Fat: 44.24g (68.05%), Saturated Fat: 11.77g (73.59%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 19g (6.91%), Sugar: 3.95g (4.39%), Cholesterol: 135.45mg (45.15%), Sodium: 353.51mg (15.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.92g (51.85%), Vitamin A: 2581.18IU (51.62%), Vitamin K: 43.94µg (41.84%), Selenium: 28.44µg (40.63%), Vitamin B6: 0.81mg (40.59%), Vitamin B3: 7.55mg (37.77%), Fiber: 9g (36.01%), Zinc: 5.35mg (35.69%), Vitamin B12: 2.01µg (33.55%), Phosphorus: 322.88mg (32.29%), Vitamin B1: 0.47mg (31.12%), Potassium: 1054.93mg (30.14%), Folate: 119.87µg (29.97%), Vitamin C: 24.4mg (29.57%), Vitamin B2: 0.45mg (26.66%), Manganese: 0.51mg (25.32%), Vitamin B5: 2.53mg (25.31%), Vitamin E: 3.75mg (25.02%), Copper: 0.42mg (21.05%), Iron: 3.36mg (18.66%), Magnesium: 73.06mg (18.26%), Calcium: 76.47mg (7.65%), Vitamin D: 0.37µg (2.46%)