



Meatball Stew



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



209 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.5 ounce beef broth undiluted canned
- ☐ 30 ounce tomato sauce canned
- ☐ 10 ounce vegetables mixed frozen
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 36 meatballs frozen
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 2 potatoes cut into 1/2-inch cubes

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1.3 cups water

Equipment

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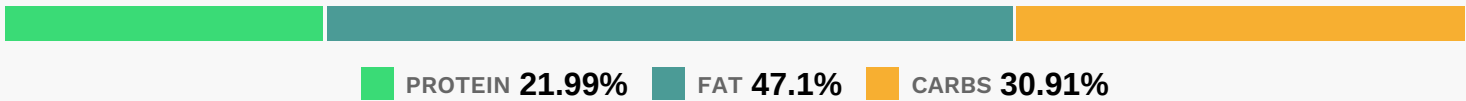
sauce pan

Directions

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Bring first 8 ingredients to a boil in a large saucepan. Cover, reduce heat, and simmer 10 minutes. Stir in meatballs; cover and simmer 5 to 10 minutes or until vegetables are tender and meatballs are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:8.26, Inflammation Score:-8, Nutrition Score:13.204782558524%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 209.18kcal (10.46%), Fat: 11.2g (17.23%), Saturated Fat: 4.08g (25.49%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 13.02g (4.73%), Sugar: 3.66g (4.07%), Cholesterol: 36.29mg (12.1%), Sodium: 559.76mg (24.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.53%), Vitamin A: 1814.34IU (36.29%), Vitamin B1: 0.46mg (30.8%), Vitamin B6: 0.44mg (22.09%), Vitamin C: 18.17mg (22.02%), Vitamin B3: 4.08mg (20.39%), Selenium: 13.4µg (19.14%), Potassium: 664.91mg (19%), Phosphorus: 158.3mg (15.83%), Fiber: 3.52g (14.08%), Vitamin B2: 0.22mg (12.95%), Manganese: 0.25mg (12.69%), Iron: 1.97mg (10.94%), Zinc: 1.57mg (10.43%), Magnesium: 40.88mg (10.22%), Copper: 0.2mg (10.08%), Vitamin E: 1.25mg (8.33%), Vitamin B5: 0.79mg (7.88%), Folate: 27.38µg (6.85%), Vitamin B12: 0.37µg (6.23%), Vitamin K: 3.92µg (3.74%), Calcium: 37.26mg (3.73%)