



MEATBALL STEW (SUDADO DE ALBÓNDIGAS)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablet beef bouillon
- ☐ 1 teaspoon cilantro leaves chopped
- ☐ 0.5 pound ground beef
- ☐ 0.5 pound ground pork
- ☐ 0.3 teaspoon salt
- ☐ 0.3 warm water
- ☐ 4 cups water and more as necessary

- ☐ 0.5 cup cornmeal white
- ☐ 2 large potatoes white cut into four pieces each
- ☐ 4 pieces yuca frozen

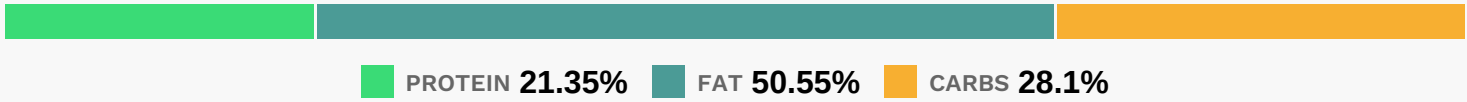
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ **MAKE THE MEATBALLS**In a large bowl, combine the beef, pork, aliños, salt, cornmeal and water. Knead with your hands until well mixed.Shape the mixture into 8 meatballs, set them on a plate.**MAKE THE STEW**In a large pot, place the water, beef bouillon, meatballs, aliños, salt and sazón Goya; simmer over low heat, covered about 40 minutes.
- ☐ Add the potatoes and yuca. Then cover and cook for an additional 35 minutes, until the potatoes and yuca are tender. Check frequently and add additional water as necessary.Uncover, check to see if the potatoes and yuca are tender, add chopped fresh cilantro, and serve over white rice.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:11.09, Inflammation Score:-3, Nutrition Score:16.982608848292%

Flavonoids

Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 439.31kcal (21.97%), Fat: 24.44g (37.59%), Saturated Fat: 9.01g (56.28%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 26.61g (9.68%), Sugar: 0.97g (1.08%), Cholesterol: 81.08mg (27.03%), Sodium: 233.95mg (10.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.22g (46.45%), Vitamin B6: 0.77mg (38.39%), Vitamin B1: 0.57mg (37.99%), Selenium: 22.72µg (32.45%), Vitamin B3: 6.32mg (31.6%), Zinc: 4.54mg (30.24%), Phosphorus: 293.22mg (29.32%), Vitamin B12: 1.61µg (26.84%), Potassium: 764.72mg (21.85%), Vitamin C: 17.35mg (21.04%), Magnesium: 67.41mg (16.85%), Iron: 3.02mg (16.78%), Vitamin B2: 0.27mg (16.01%), Fiber: 3.96g (15.82%),

Vitamin B5: 1.41mg (14.11%), Manganese: 0.27mg (13.71%), Copper: 0.23mg (11.73%), Folate: 27.05µg (6.76%), Calcium: 37.95mg (3.79%), Vitamin K: 2.81µg (2.68%), Vitamin E: 0.32mg (2.11%)