



HEALTH SCORE

70%

Meatballs and Peppers



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 10.5 ounce beef consomme canned
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 ounce bread whole-wheat
- ☐ 1 large egg white
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 garlic clove crushed
- ☐ 1 cup bell pepper green thinly sliced

- ☐ 1 pound ground round
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon onion finely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup bell pepper red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water
- ☐ 1.3 cups water
- ☐ 2 teaspoons citrus champagne vinegar
- ☐ 1 cup bell pepper yellow thinly sliced
- ☐ 0.3 cup or dried fresh finely chopped

Equipment

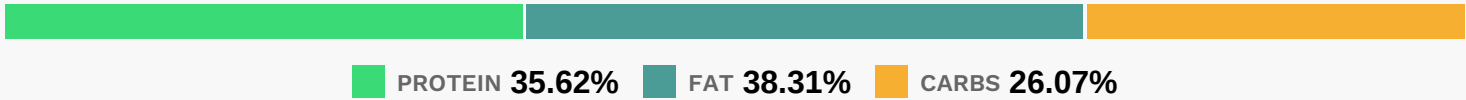
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine the first 6 ingredients in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 20 minutes.
- ☐ While the peppers are cooking, place bread in a food processor; pulse 10 times or until coarse crumbs form to measure 1/2 cup.
- ☐ Combine breadcrumbs, beef, and next 6 ingredients (beef though garlic) in a bowl, shaping mixture into 36 (1-inch) meatballs.
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add meatballs; cook for 10 minutes, browning on all sides.
- ☐ Combine flour and 1/4 cup water in a small bowl; stir with a whisk.

- ☐ Add to bell pepper mixture in saucepan.
- ☐ Add meatballs; cook 3 minutes, stirring constantly. Stir in the basil and vinegar.
- ☐ Remove bay leaf.

Nutrition Facts



Properties

Glycemic Index:67.42, Glycemic Load:4.61, Inflammation Score:-9, Nutrition Score:43.023043414821%

Flavonoids

Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 336.92kcal (16.85%), Fat: 14.96g (23.01%), Saturated Fat: 5.5g (34.41%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 13.1g (4.76%), Sugar: 3.4g (3.77%), Cholesterol: 73.71mg (24.57%), Sodium: 713.26mg (31.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.29g (62.58%), Vitamin K: 347.06µg (330.54%), Vitamin C: 146.6mg (177.7%), Iron: 21.44mg (119.08%), Manganese: 2.26mg (112.83%), Calcium: 490.53mg (49.05%), Vitamin B6: 0.97mg (48.52%), Zinc: 7.17mg (47.82%), Magnesium: 184.26mg (46.07%), Vitamin B3: 8.82mg (44.11%), Vitamin B12: 2.57µg (42.76%), Fiber: 9.8g (39.21%), Selenium: 25.19µg (35.99%), Potassium: 1187.24mg (33.92%), Vitamin B2: 0.56mg (32.74%), Phosphorus: 315.72mg (31.57%), Vitamin A: 1532.73IU (30.65%), Copper: 0.61mg (30.4%), Folate: 114.35µg (28.59%), Vitamin E: 3.55mg (23.68%), Vitamin B1: 0.18mg (11.93%), Vitamin B5: 1.18mg (11.76%)