



Meatballs in Tomato-Serrano Chile Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 large eggs
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 garlic cloves unpeeled
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound ground pork lean
- ☐ 1 pound ground beef lean
- ☐ 1 teaspoon mexican oregano dried
- ☐ 6 servings mexican rice white

- ☐ 1 teaspoon sea salt fine
- ☐ 4 medium serrano chiles stemmed
- ☐ 1 cup tomatoes seeded finely chopped (4 medium)
- ☐ 58 ounce juice reserved from tomatoes diced canned
- ☐ 1 cup water
- ☐ 0.3 cup onion white finely chopped
- ☐ 4 small pieces x4-inch squares sandwich bread white firm crustless
- ☐ 0.3 cup milk whole

Equipment

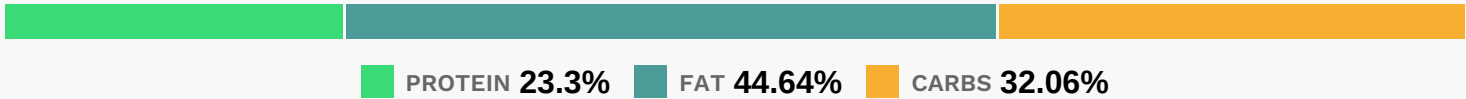
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Combine bread, milk, onion, garlic, salt, oregano, and pepper in large bowl. Mash with fork until thick paste forms.
- ☐ Mix in beef, pork, tomatoes, eggs, and mint (mixture will be soft). Using 1/4 cupful for each, form mixture into 2-inch balls.
- ☐ Place on baking sheet; chill while making sauce.
- ☐ Line heavy small skillet with foil; add chiles and garlic. Cook over medium-high heat until skins begin to blister and blacken, turning frequently, about 15 minutes. Cool garlic slightly, then peel. Working in batches, puree tomatoes with juices, whole chiles, and garlic in blender until almost smooth. (Meatballs and puree can be prepared 6 hours ahead. Keep meatballs refrigerated. Cover and refrigerate puree.)
- ☐ Heat oil in heavy large wide pot over medium-high heat.

- ☐
- Add tomato puree, 1 cup water, and salt; bring to boil. Carefully add meatballs; bring to simmer. Reduce heat, cover, and simmer until meatballs are cooked through, stirring occasionally, about 30 minutes. Uncover and boil gently until liquid is reduced to sauce consistency, stirring occasionally, about 18 minutes.
- ☐
- Spoon Mexican White Rice into 6 shallow bowls. Top rice with meatballs and tomato-serrano sauce and serve.

Nutrition Facts



Properties

Glycemic Index:50.99, Glycemic Load:23.12, Inflammation Score:-8, Nutrition Score:31.015652190084%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 645.68kcal (32.28%), Fat: 31.95g (49.16%), Saturated Fat: 9.27g (57.96%), Carbohydrates: 51.62g (17.21%), Net Carbohydrates: 47.36g (17.22%), Sugar: 8.44g (9.38%), Cholesterol: 164.93mg (54.98%), Sodium: 910.74mg (39.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.51g (75.03%), Selenium: 44.72µg (63.88%), Vitamin B6: 1.07mg (53.48%), Vitamin B3: 10.45mg (52.26%), Vitamin B1: 0.78mg (51.75%), Zinc: 6.78mg (45.23%), Phosphorus: 447.55mg (44.75%), Manganese: 0.86mg (42.89%), Vitamin B12: 2.44µg (40.74%), Vitamin C: 32.62mg (39.54%), Vitamin B2: 0.59mg (34.53%), Iron: 6.17mg (34.3%), Potassium: 1192.72mg (34.08%), Vitamin E: 4.17mg (27.79%), Copper: 0.44mg (21.9%), Vitamin B5: 2.15mg (21.46%), Magnesium: 84.06mg (21.02%), Vitamin K: 19.79µg (18.85%), Fiber: 4.27g (17.07%), Calcium: 160.94mg (16.09%), Vitamin A: 768.69IU (15.37%), Folate: 50.63µg (12.66%), Vitamin D: 0.56µg (3.72%)