

Mexican Meatball Soup

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



8

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots cut into rounds (3/4 cup)
- 2 tablespoons cilantro leaves fresh chopped
- 1 pound ground sirloin
- 0.3 cup rice long-grain uncooked
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- 8 servings pepper black freshly ground
- 1 serrano chiles whole
- 2 tablespoons tomato paste

- 1 tablespoon vegetable oil
- 8 cups vegetable stock
- 1 cup yukon gold potatoes diced
- 1 cup zucchini diced

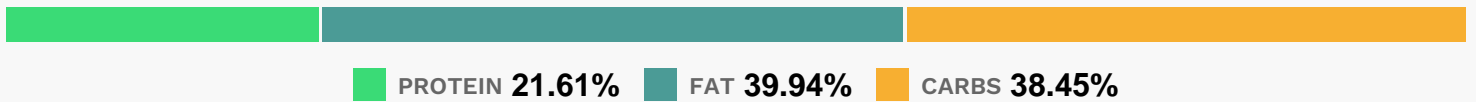
Equipment

- bowl
- sauce pan
- pot

Directions

- Watch how to make this recipe.
- In a heavy large pot, heat the vegetable oil over medium-high heat.
- Add the onions and cook until translucent, about 5 minutes. Cool slightly.
- In a medium bowl, mix together the onion, rice, cilantro, ground meat, 1 teaspoon salt, and 1 teaspoon pepper. Using wet hands, shape the meat mixture into 20 to 22 (1-inch) meatballs.
- Combine the carrots, serrano chile, potato, tomato paste, and vegetable stock in a saucepan and bring to a boil.
- Add the meatballs and zucchini and simmer on low heat until the meatballs are cooked through, about 20 minutes. Season the soup with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:52.74, Glycemic Load:13.12, Inflammation Score:-8, Nutrition Score:10.747391488241%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 237.28kcal (11.86%), Fat: 10.43g (16.04%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 21.15g (7.69%), Sugar: 3.51g (3.9%), Cholesterol: 38.56mg (12.85%), Sodium: 1018.21mg (44.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.39%), Vitamin A: 1881.3IU (37.63%), Vitamin B12: 1.23µg (20.51%), Zinc: 2.89mg (19.27%), Vitamin B6: 0.36mg (17.87%), Vitamin B3: 3.48mg (17.38%), Selenium: 11.63µg (16.62%), Phosphorus: 143.93mg (14.39%), Manganese: 0.28mg (14.18%), Vitamin C: 10.29mg (12.47%), Potassium: 419.05mg (11.97%), Iron: 1.76mg (9.76%), Vitamin B2: 0.13mg (7.6%), Vitamin K: 7.13µg (6.79%), Magnesium: 26.61mg (6.65%), Copper: 0.13mg (6.63%), Vitamin B5: 0.62mg (6.17%), Fiber: 1.44g (5.76%), Vitamin B1: 0.07mg (4.88%), Vitamin E: 0.62mg (4.12%), Folate: 15.27µg (3.82%), Calcium: 23.4mg (2.34%)