



Mexican Meatball Soup with Rice and Cilantro

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small bay leaves
- ☐ 0.3 pound sausage meat
- ☐ 72.5 ounce beef broth canned
- ☐ 28 ounce frangelico diced canned
- ☐ 1 large eggs
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 garlic clove minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound ground beef lean
- ☐ 2 tablespoons olive oil
- ☐ 2.8 cups onion chopped
- ☐ 0.5 cup salsa (medium-hot)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup rice long-grain white
- ☐ 0.3 cup milk whole
- ☐ 6 tablespoons cornmeal yellow

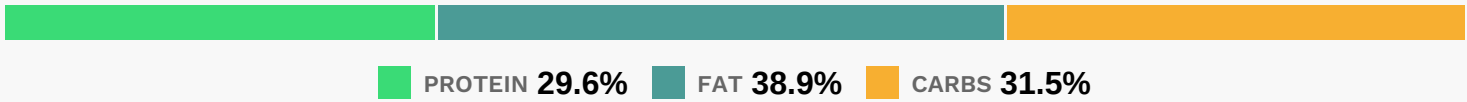
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add 1 3/4 cups onions, 2 garlic cloves and bay leaves; sauté 5 minutes.
- ☐ Add broth, tomatoes with juices, salsa and 1/4 cup cilantro; bring to boil. Cover and simmer 15 minutes.
- ☐ Meanwhile, combine ground beef, pork sausage, cornmeal, whole milk, egg, salt, pepper, cumin, then remaining 1 cup onions, 2 garlic cloves and 1/4 cup cilantro in medium bowl.
- ☐ Mix well. Shape meat mixture by generous tablespoonfuls into 1- to 1 1/4-inch balls.
- ☐ Add rice and meatballs to soup and bring to boil, stirring occasionally. Reduce heat, cover and simmer until rice and meatballs are tender, stirring occasionally, about 20 minutes. Season to taste with salt and pepper. Ladle soup into bowls and serve.

Nutrition Facts



Properties

Glycemic Index:53.61, Glycemic Load:13.67, Inflammation Score:-7, Nutrition Score:17.647391340007%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.63mg, Quercetin: 15.63mg, Quercetin: 15.63mg, Quercetin: 15.63mg

Nutrients (% of daily need)

Calories: 379kcal (18.95%), Fat: 16.2g (24.92%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 26.59g (9.67%), Sugar: 4.67g (5.18%), Cholesterol: 92.7mg (30.9%), Sodium: 1801.5mg (78.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.47%), Vitamin B3: 8.59mg (42.96%), Vitamin B12: 2.22µg (37.05%), Zinc: 5.09mg (33.97%), Vitamin B6: 0.65mg (32.39%), Phosphorus: 319.76mg (31.98%), Selenium: 22.11µg (31.58%), Manganese: 0.47mg (23.28%), Potassium: 753.49mg (21.53%), Iron: 3.63mg (20.17%), Vitamin B2: 0.32mg (18.69%), Magnesium: 55.27mg (13.82%), Vitamin B1: 0.19mg (12.47%), Vitamin B5: 1.22mg (12.18%), Fiber: 2.92g (11.7%), Copper: 0.19mg (9.53%), Vitamin E: 1.39mg (9.25%), Folate: 35.16µg (8.79%), Vitamin C: 6.98mg (8.46%), Vitamin K: 8.86µg (8.43%), Calcium: 81.33mg (8.13%), Vitamin A: 276.35IU (5.53%), Vitamin D: 0.6µg (4%)