

 1%  
HEALTH SCORE

## Mexican Style Meatballs

 Dairy Free

READY IN



70 min.

SERVINGS



40

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 cups breadcrumbs dried plain
- 56 ounce tomatoes diced with juice canned
- 2 cups chicken broth
- 3 chipotles in adobo
- 2 eggs
- 0.5 cup cilantro leaves fresh chopped for garnish
- 2 cloves garlic minced
- 4 cloves garlic minced

- 1.5 pounds ground beef
- 2 teaspoons ground cumin
- 1 teaspoon pepper black
- 1.5 pounds ground pork
- 2 small onion minced
- 1 teaspoon salt
- 4 teaspoons vegetable oil
- 0.5 cup water

## Equipment

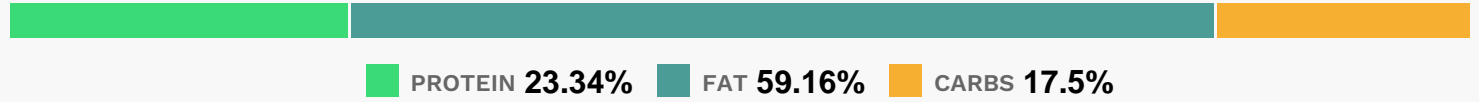
- bowl
- frying pan
- pot
- blender
- dutch oven

## Directions

- In a large bowl, mix together the ground beef and pork, eggs, bread crumbs, 1 teaspoon of salt, pepper, 2 cloves of minced garlic, and water using your hands. Form into 1 inch meatballs, and set aside on a piece of waxed paper.
- Pour the diced tomatoes into the container of a blender along with the chipotle peppers. Blend until smooth, and set aside.
- Heat the oil in a large Dutch oven over medium heat.
- Add the onion; cook and stir until tender. Stir in the remaining garlic and cumin, and cook for a few minutes to release the aromas.
- Pour in the tomato mixture and chicken broth. Season with the remaining teaspoon of salt, and mix well. Bring to a boil, then simmer over low heat while you brown the meatballs.
- Heat a large skillet over medium-high heat. Spray with cooking spray.
- Add meatballs, but do not crowd them. Fry them in two batches if necessary. Cook, stirring occasionally until browned on the outside.

- Remove from the skillet, and place into the pot of simmering sauce.
- Let the meatballs simmer in the sauce for about 30 minutes. Longer will not hurt them.
- For special occasions, serve the meatballs in a chafing dish with the sauce, and garnish with cilantro.

## Nutrition Facts



### Properties

Glycemic Index:3.9, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:5.4704347550869%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

### Nutrients (% of daily need)

Calories: 121.88kcal (6.09%), Fat: 7.99g (12.29%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.53g (1.65%), Sugar: 1.49g (1.65%), Cholesterol: 32.74mg (10.91%), Sodium: 212.82mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin B1: 0.2mg (13.03%), Selenium: 8.61µg (12.3%), Vitamin B3: 2.05mg (10.25%), Vitamin B6: 0.18mg (9.17%), Vitamin B12: 0.52µg (8.65%), Zinc: 1.25mg (8.36%), Phosphorus: 78.07mg (7.81%), Vitamin B2: 0.12mg (7.2%), Iron: 1.22mg (6.8%), Potassium: 192.87mg (5.51%), Vitamin C: 4.27mg (5.18%), Manganese: 0.1mg (5%), Magnesium: 13.61mg (3.4%), Copper: 0.06mg (3.22%), Fiber: 0.79g (3.16%), Vitamin K: 3.29µg (3.13%), Vitamin B5: 0.31mg (3.12%), Calcium: 29.89mg (2.99%), Folate: 11.4µg (2.85%), Vitamin E: 0.42mg (2.78%), Vitamin A: 74.95IU (1.5%)