



Mexican Turkey Meatball Soup

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

READY IN



70 min.

SERVINGS



8

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium carrots
- 0.8 teaspoon chili powder
- 1 large eggs lightly beaten
- 8 servings cilantro leaves fresh coarsely chopped
- 1 medium garlic clove finely chopped
- 2 medium garlic clove finely chopped
- 0.8 teaspoon ground cumin
- 1 pound pd of ground turkey

- 1 teaspoon hot sauce such as cholula or tapatío, plus more as needed mexican-style
- 1 tablespoon kosher salt as needed plus more
- 2 quarts chicken broth low-sodium
- 2 medium roma tomatoes cored
- 8 servings tortilla chips warmed
- 1 tablespoon vegetable oil
- 0.3 cup rice long-grain white uncooked
- 0.5 medium onion white yellow
- 2 medium zucchini

Equipment

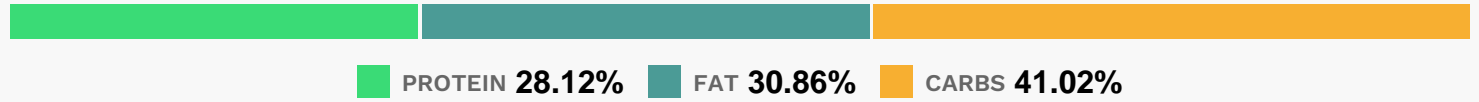
- bowl
- baking sheet
- pot
- dutch oven

Directions

- Heat the oil in a large pot or Dutch oven over medium heat until shimmering.
- Add the onion, garlic, measured salt, chili powder, and cumin and cook, stirring occasionally, until the onion has softened, about 5 minutes. Increase the heat to high, add the broth or stock, stir to combine, and bring to a simmer. Meanwhile, form the meatballs: Fill a small bowl with water.
- Roll the meat mixture into 1-1/4-inch balls (about 1 heaping tablespoon each), wetting your hands as necessary to keep the mixture from sticking.
- Place the meatballs on a baking sheet.
- Add the carrots and tomatoes to the broth, stir to combine, and return to a simmer.
- Add the meatballs, evenly placing them around the pot (no need to stir), and return to a simmer. Reduce the heat to medium low and cover the pot with a tightfitting lid. Cook until the rice and the meatballs are cooked through, about 20 minutes.

- Add the zucchini, stir to combine, and simmer uncovered until the zucchini is crisp-tender, about 5 minutes.
- Remove from the heat, add the measured hot sauce, and stir to combine. Taste and season with additional salt and hot sauce as needed.
- Serve with the cilantro, tortilla chips or tortillas, and extra hot sauce on the side.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:4.76, Inflammation Score:-9, Nutrition Score:17.223043358844%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 308.73kcal (15.44%), Fat: 10.97g (16.88%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 32.82g (10.94%), Net Carbohydrates: 29.88g (10.86%), Sugar: 3.24g (3.6%), Cholesterol: 54.43mg (18.14%), Sodium: 1105.38mg (48.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.5g (45%), Vitamin A: 2889.32IU (57.79%), Vitamin B3: 9.62mg (48.1%), Vitamin B6: 0.72mg (36.21%), Phosphorus: 316.92mg (31.69%), Selenium: 17.2µg (24.58%), Potassium: 675.58mg (19.3%), Vitamin C: 13.07mg (15.84%), Magnesium: 59.37mg (14.84%), Vitamin B2: 0.25mg (14.49%), Vitamin K: 14.93µg (14.22%), Zinc: 2.05mg (13.67%), Manganese: 0.26mg (12.76%), Copper: 0.25mg (12.74%), Fiber: 2.94g (11.78%), Vitamin B5: 1.18mg (11.78%), Iron: 2mg (11.12%), Vitamin E: 1.57mg (10.45%), Vitamin B12: 0.58µg (9.69%), Vitamin B1: 0.13mg (8.49%), Folate: 29.94µg (7.48%), Calcium: 67.55mg (6.76%), Vitamin D: 0.35µg (2.35%)