



Oven-Baked Mexican Meatballs

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs plain
- 28 oz canned tomatoes crushed canned
- 2 teaspoons chili powder
- 0.5 chipotles in adobo canned seeded finely chopped
- 2 tablespoons cilantro leaves finely chopped
- 1 large eggs
- 3 cloves garlic finely chopped
- 1 pound ground beef

- 4 servings salt and pepper
- 2 tablespoons tomato paste
- 1 tablespoon vegetable oil

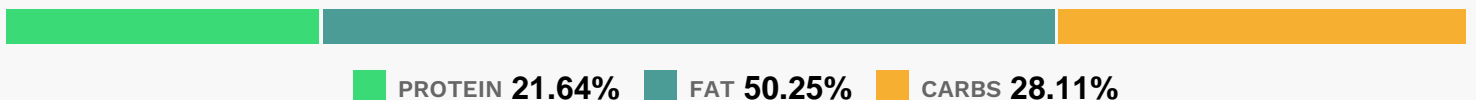
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Adjust oven rack to middle position and preheat to 475F. Line a rimmed baking sheet with foil. In a large bowl, combine meat, egg, tomato paste, bread crumbs, 2 garlic cloves, cilantro, chili powder and 1 tsp. salt; mix with your hands to combine well. Form into 1 1/2-inch meatballs and place on prepared baking sheet. Mist with nonstick cooking spray.
- Bake until well-browned, 17 to 20 minutes, turning once or twice.
- Warm oil in a large saucepan over medium-low heat.
- Add remaining garlic clove and cook until fragrant, 1 minute.
- Add chili and cook, stirring, for 30 seconds.
- Add tomatoes, bring to a simmer and cook until slightly thickened, 10 minutes. Season with salt and pepper.
- Transfer hot meatballs to saucepan, gently stir to coat, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:4.81, Inflammation Score:-7, Nutrition Score:27.031304442364%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 520.14kcal (26.01%), Fat: 29.45g (45.3%), Saturated Fat: 10.05g (62.81%), Carbohydrates: 37.07g (12.36%), Net Carbohydrates: 31.16g (11.33%), Sugar: 11.65g (12.94%), Cholesterol: 127.01mg (42.34%), Sodium: 827.2mg (35.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.53g (57.06%), Vitamin B3: 9.4mg (46.99%), Vitamin B12: 2.63µg (43.87%), Selenium: 29.79µg (42.56%), Zinc: 5.95mg (39.66%), Vitamin B6: 0.78mg (39.21%), Iron: 6.8mg (37.79%), Manganese: 0.71mg (35.31%), Phosphorus: 325.15mg (32.52%), Vitamin B1: 0.48mg (31.71%), Potassium: 1068.52mg (30.53%), Copper: 0.56mg (27.84%), Vitamin E: 4.11mg (27.39%), Vitamin B2: 0.46mg (27.14%), Vitamin C: 20.77mg (25.18%), Fiber: 5.9g (23.61%), Vitamin K: 23.26µg (22.15%), Magnesium: 77.55mg (19.39%), Vitamin A: 926.45IU (18.53%), Folate: 69.93µg (17.48%), Calcium: 154.8mg (15.48%), Vitamin B5: 1.5mg (14.96%), Vitamin D: 0.36µg (2.42%)