



Poblano Albóndigas with Ancho Chile Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons ancho chili powder pure (do not use blended chile powder)
- 0.5 teaspoon kosher salt
- 4 4-inch corn tortillas cut into 1/-wide strips
- 1 large eggs beaten to blend
- 0.3 cup cilantro leaves fresh chopped
- 6 servings cilantro leaves fresh chopped
- 2 garlic clove minced
- 2 garlic clove pressed

- 1 pound ground beef 15% (fat)
- 1 tablespoon ground cumin
- 2 teaspoons ground cumin
- 1 tablespoon juice of lime fresh ()
- 9 cups beef broth
- 1 tablespoon olive oil
- 0.3 cup onion finely grated
- 0.5 small onion grated
- 0.5 teaspoon oregano dried (preferably Mexican)
- 1 teaspoon oregano dried crumbled (preferably Mexican)
- 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- 2 large poblano pepper fresh (9 to 10 ounces total)
- 3 tablespoons vegetable oil ()
- 0.3 cup rice long-grain white
- 0.5 cup zucchini grated
- 1 cup zucchini grated

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- ladle
- pot
- plastic wrap
- broiler
- tongs

Directions

- Line large rimmed baking sheet with plastic wrap. Char chiles over direct flame or in broiler until blackened on all sides. Enclose in paper bag and steam 10 minutes. Stem, seed, and peel chiles, then chop finely (should yield about 3/4 cup).
- Place chiles in large bowl. Gently mix in beef and all remaining ingredients. Using moistened hands and scant tablespoonful for each, roll meat mixture into 1-inch meatballs. Arrange meatballs on sheet.
- Heat oil in large pot over medium heat.
- Add onion with any juices and garlic. Saut until onion is tender, about 3 minutes.
- Add chile powder and cumin; stir 1 minute.
- Add broth and oregano; bring to rolling boil. Reduce heat to very low, just below bare simmer, and cook 10 minutes.
- Stir zucchini and rice into broth. Increase heat to medium and drop in meatballs, 1 at a time. Return soup to simmer. Cover and cook gently until meatballs and rice are cooked through, stirring occasionally and adjusting heat to avoid boiling, about 20 minutes.
- Add 1/4 cup cilantro and 1 tablespoon lime juice. Season soup with salt and add more lime juice by teaspoonfuls, if desired.
- Heat 3 tablespoons oil in heavy medium skillet over medium heat 1 minute.
- Add half of tortilla strips. Cook until crisp, gently separating strips with tongs, 2 to 3 minutes.
- Transfer strips to paper towels to drain. Repeat with remaining tortilla strips, adding more oil if needed.
- Ladle soup and meatballs into bowls. Top with tortilla strips and cilantro.
- Often called pasillas; available at some supermarkets and at specialty foods stores, farmers' markets, and Latin markets.
- ** Available in the Asian foods section of some supermarkets and at Asian markets.
- *** Available in the spice section of many supermarkets and at Latin markets.

Nutrition Facts

PROTEIN 20.67%

FAT 59.24%

CARBS 20.09%

Properties

Glycemic Index:58.28, Glycemic Load:6.25, Inflammation Score:-9, Nutrition Score:22.098261133484%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 412.07kcal (20.6%), Fat: 27.47g (42.26%), Saturated Fat: 8.1g (50.62%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 16.86g (6.13%), Sugar: 3.31g (3.68%), Cholesterol: 84.68mg (28.23%), Sodium: 1692.29mg (73.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.13%), Vitamin C: 52.17mg (63.24%), Vitamin B3: 7.45mg (37.23%), Vitamin B12: 1.95µg (32.55%), Vitamin B6: 0.64mg (32.08%), Vitamin A: 1578.54IU (31.57%), Vitamin K: 30.75µg (29.28%), Selenium: 20.13µg (28.75%), Phosphorus: 276.22mg (27.62%), Iron: 4.9mg (27.2%), Zinc: 4mg (26.64%), Manganese: 0.51mg (25.35%), Potassium: 765.07mg (21.86%), Vitamin E: 3.27mg (21.78%), Vitamin B2: 0.34mg (20.17%), Fiber: 4.11g (16.42%), Magnesium: 57.38mg (14.35%), Calcium: 108.8mg (10.88%), Copper: 0.21mg (10.67%), Vitamin B1: 0.16mg (10.58%), Folate: 38.71µg (9.68%), Vitamin B5: 0.87mg (8.74%), Vitamin D: 0.24µg (1.62%)