



WHAT'SheATE



## Smoky Mexican meatball stew



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 tbsp olive oil
- ☐ 1 large onion finely chopped
- ☐ 400 g ground beef
- ☐ 50 g breadcrumbs fresh white
- ☐ 1 tsp ground cumin
- ☐ 1.5 tbsp chipotle paste
- ☐ 200 g rice
- ☐ 400 g canned tomatoes chopped canned

- ☐ 400 g kidney beans drained and rinsed canned
- ☐ 1 small handful cilantro leaves

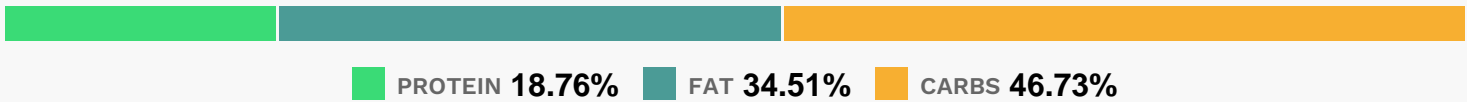
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Heat 1 tbsp of the oil in a large frying pan. Cook the onion for 8–10 mins until soft, then remove from the pan.
- ☐ Meanwhile, place the mince, breadcrumbs, spices and chipotle paste in a bowl, season generously and mix thoroughly.
- ☐ Roll mixture into 20 walnut-sized meatballs.
- ☐ Add the remaining oil to the pan and fry the meatballs for about 8 mins until brown all over.
- ☐ Meanwhile, cook the rice following pack instructions. Return the onion to the pan, adding the tomatoes, as well as a can full of water. Simmer for 5 mins, then add the kidney beans and cook for a further 10 mins, until the sauce has thickened and the meatballs are cooked through. Season the meatballs, scatter with coriander and serve with the rice.

## Nutrition Facts



## Properties

Glycemic Index:48.62, Glycemic Load:31.71, Inflammation Score:-7, Nutrition Score:29.121739219064%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 14.96mg, Quercetin: 14.96mg, Quercetin: 14.96mg, Quercetin: 14.96mg

## Nutrients (% of daily need)

Calories: 708.39kcal (35.42%), Fat: 27.18g (41.81%), Saturated Fat: 8.77g (54.83%), Carbohydrates: 82.82g (27.61%), Net Carbohydrates: 71.59g (26.03%), Sugar: 7.16g (7.96%), Cholesterol: 71mg (23.67%), Sodium: 297.96mg (12.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.24g (66.47%), Manganese: 1.4mg (69.91%), Fiber: 11.23g (44.92%), Folate: 175.17µg (43.79%), Iron: 7.64mg (42.45%), Phosphorus: 423.98mg (42.4%), Zinc: 6.34mg (42.26%), Selenium: 27.72µg (39.6%), Vitamin B3: 7.73mg (38.67%), Vitamin B6: 0.74mg (36.94%), Vitamin B12: 2.18µg (36.4%), Copper: 0.65mg (32.45%), Potassium: 1116.95mg (31.91%), Vitamin B1: 0.45mg (30.33%), Magnesium: 105.71mg (26.43%), Vitamin K: 22.81µg (21.73%), Vitamin B2: 0.35mg (20.37%), Vitamin E: 2.56mg (17.07%), Vitamin C: 13.48mg (16.34%), Vitamin B5: 1.63mg (16.28%), Calcium: 130.88mg (13.09%), Vitamin A: 289.58IU (5.79%)