



Sopa de Estrellitas con Albóndigas (Pasta and Meatballs Soup)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



229 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup precooked cornmeal
- ☐ 1 eggs beaten
- ☐ 0.5 pound ground beef
- ☐ 0.5 pound ground pork
- ☐ 1 cup aliños sauce
- ☐ 8 servings salt
- ☐ 0.3 warm water

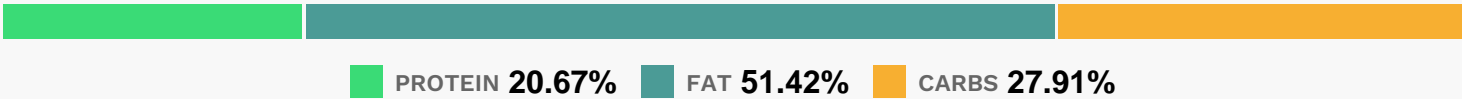
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large bowl, combine the beef, pork, egg, aliños, salt, cornmeal and water. Knead with your hands until well mixed.Shape the mixture into 12 small meatballs, set them on a plate.In a large pot over medium heat, place the aliños, carrots, water cumin. Bring to boil and reduce heat to simmer.
- ☐ Add the meatballs to the broth, one at a time. Cover and let cook for 40 to 45 minutes over medium-low heat.
- ☐ Add the cooked pasta and season with salt and pepper.
- ☐ Sprinkle fresh cilantro and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.56, Glycemic Load:4.32, Inflammation Score:-1, Nutrition Score:6.6465217309154%

Nutrients (% of daily need)

Calories: 228.67kcal (11.43%), Fat: 12.81g (19.71%), Saturated Fat: 4.68g (29.26%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 14.72g (5.35%), Sugar: 7.01g (7.79%), Cholesterol: 61mg (20.33%), Sodium: 591.78mg (25.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.18%), Selenium: 13.51µg (19.3%), Vitamin B1: 0.25mg (16.78%), Zinc: 2.19mg (14.59%), Vitamin B12: 0.85µg (14.23%), Vitamin B6: 0.27mg (13.41%), Vitamin B3: 2.68mg (13.39%), Phosphorus: 127.65mg (12.77%), Vitamin B2: 0.14mg (8.41%), Iron: 1.19mg (6.64%), Potassium: 197.54mg (5.64%), Magnesium: 21.51mg (5.38%), Vitamin B5: 0.48mg (4.75%), Fiber: 0.93g (3.74%), Manganese: 0.07mg (3.57%), Copper: 0.06mg (2.92%), Folate: 9.37µg (2.34%), Vitamin E: 0.21mg (1.41%), Calcium: 12.89mg (1.29%)