



Sopa de Frijoles Blancos con Albóndigas (White Beans and Meatball Soup)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves plus more for serving chopped
- ☐ 0.5 cup precooked cornmeal
- ☐ 3 cloves garlic minced
- ☐ 0.5 pound ground beef
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 pound ground pork
- ☐ 1 cup aliños sauce

- ☐ 0.5 cup onions chopped
- ☐ 2 large potatoes diced peeled
- ☐ 6 servings salt and pepper
- ☐ 0.3 cup scallions chopped
- ☐ 2 cups tomatoes diced
- ☐ 3 tablespoon vegetable oil
- ☐ 0.3 warm water
- ☐ 2 cups beans dried white

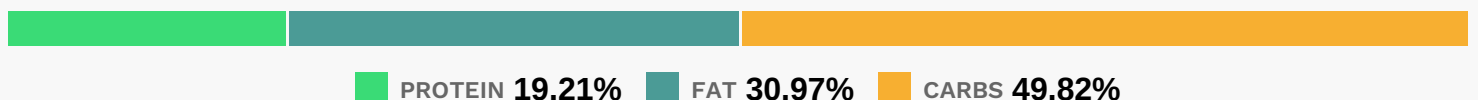
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large bowl, combine the beef, pork, aliños, salt, cornmeal and water. Knead with your hands until well mixed. Shape the mixture into 12 small meatballs, set them on a plate. To make the soup: Wash the beans and soak overnight in cold water.
- ☐ Drain the beans and place in a large pot and add the water. Over medium-high heat, bring the beans to a boil, then cover the pot and reduce the heat to medium-low.
- ☐ Add the meatballs and allow the beans to cook until almost tender, approximately 1 hour. When the beans are cooking, prepare the guiso. In a large skillet, heat the vegetable oil over medium heat, add the tomatoes, onions, scallions, salt, pepper, garlic, cilantro and ground cumin and cook for 10 to 15 minutes.
- ☐ Add the guiso, carrots and potatoes. Cover and cook for another 30 minutes or until the beans are fully cooked. (
- ☐ Add additional water as necessary).

Nutrition Facts



Properties

Glycemic Index:52.71, Glycemic Load:22.48, Inflammation Score:-9, Nutrition Score:36.364347831063%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 691.76kcal (34.59%), Fat: 24.02g (36.96%), Saturated Fat: 7.25g (45.33%), Carbohydrates: 86.93g (28.98%), Net Carbohydrates: 71.75g (26.09%), Sugar: 13.69g (15.21%), Cholesterol: 54.05mg (18.02%), Sodium: 736.57mg (32.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.06%), Manganese: 1.6mg (80.08%), Folate: 303.09µg (75.77%), Potassium: 2139.37mg (61.12%), Fiber: 15.18g (60.7%), Iron: 9.77mg (54.28%), Vitamin B1: 0.76mg (50.41%), Vitamin B6: 1mg (50.01%), Magnesium: 192.51mg (48.13%), Copper: 0.91mg (45.62%), Phosphorus: 448.83mg (44.88%), Vitamin C: 33.72mg (40.88%), Zinc: 5.8mg (38.66%), Selenium: 25.07µg (35.81%), Vitamin K: 34.02µg (32.4%), Vitamin B3: 5.54mg (27.69%), Calcium: 204.37mg (20.44%), Vitamin B2: 0.31mg (18.48%), Vitamin B12: 1.07µg (17.89%), Vitamin B5: 1.45mg (14.55%), Vitamin A: 506.82IU (10.14%), Vitamin E: 1.23mg (8.19%)