



WHATSheATE



HEALTH SCORE

54%

Sopa de Lentejas con Albondigas (Lentil Soup with Meatballs)



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 1 cup carrots diced
- ☐ 0.3 teaspoon cumin powder
- ☐ 1.3 cup lentils dried
- ☐ 2 eggs beaten
- ☐ 4 servings cilantro leaves fresh
- ☐ 1 garlic clove minced

- ☐ 0.3 teaspoon garlic powder
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 pound ground pork
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup potatoes cut into bite-sized pieces
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup scallions chopped
- ☐ 0.5 cup tomatoes chopped
- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 cup warm water
- ☐ 5 cups water

Equipment

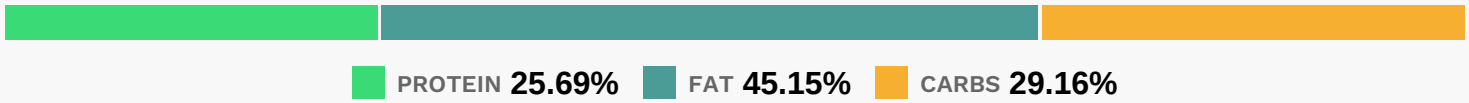
- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Place the oil in a medium pot.
- ☐ Add the onion, garlic, tomato and scallions to the pot, season with salt and pepper. Cook stirring occasionally about 12 minutes. Stir in the cumin and cook 1 more minute.
- ☐ Add the lentils, carrots and water, bring to a boil. Then reduce the heat to medium low. Make the meatballs: In a medium bowl, combine all the meatball ingredients, and using your hands, mix well until combined. Divide meat mixture equally into 12 portions and roll into balls with your hands.
- ☐ Add the meatballs to the soup and simmer for 30 minutes.

- ☐
- Add potatoes, cook for 15 to 20 minutes until the potatoes are fully cooked and fork tender, thin with water if necessary.
- ☐
- Add fresh cilantro and ladle into soup bowls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:90.3, Glycemic Load:9.53, Inflammation Score:-10, Nutrition Score:45.929999786875%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 794.7kcal (39.73%), Fat: 39.53g (60.81%), Saturated Fat: 14.32g (89.51%), Carbohydrates: 57.46g (19.15%), Net Carbohydrates: 36.21g (13.17%), Sugar: 5.38g (5.98%), Cholesterol: 203.18mg (67.73%), Sodium: 768.9mg (33.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.61g (101.22%), Vitamin A: 5722.73IU (114.45%), Folate: 344.22µg (86.06%), Fiber: 21.25g (85.01%), Vitamin B1: 1.19mg (79.64%), Selenium: 46.56µg (66.51%), Phosphorus: 658.42mg (65.84%), Zinc: 9.65mg (64.36%), Vitamin B6: 1.14mg (57.09%), Manganese: 1.14mg (56.8%), Vitamin B3: 10.51mg (52.57%), Vitamin B12: 3.07µg (51.11%), Iron: 9.05mg (50.25%), Potassium: 1418.92mg (40.54%), Vitamin B2: 0.63mg (36.85%), Magnesium: 132.22mg (33.05%), Copper: 0.58mg (29.15%), Vitamin B5: 2.86mg (28.65%), Vitamin K: 27.84µg (26.51%), Vitamin C: 15.65mg (18.97%), Calcium: 139.84mg (13.98%), Vitamin E: 1.46mg (9.76%), Vitamin D: 0.55µg (3.69%)