

Spicy Albondigas

 Dairy Free

READY IN



110 min.

SERVINGS



10

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 8 ounce tomato sauce canned
- ☐ 10 ounce canned tomatoes diced with green chile peppers (such as ro*tel®) canned
- ☐ 4 carrots sliced
- ☐ 4 stalks celery sliced
- ☐ 10 servings soup
- ☐ 10 cups chicken broth
- ☐ 1 bunch cilantro leaves chopped

- ☐ 1 eggs
- ☐ 0.5 teaspoon garlic powder
- ☐ 7 ounce chiles diced green drained canned
- ☐ 2 pounds ground beef
- ☐ 2 teaspoons ground cumin
- ☐ 10 servings meatballs
- ☐ 0.5 large onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup rice white uncooked

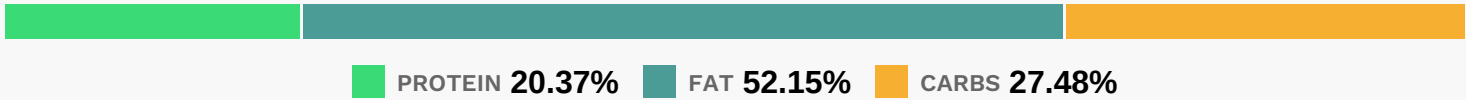
Equipment

- ☐ bowl

Directions

- ☐ Combine ground beef, egg, bread crumbs, rice, cumin, garlic powder, and salt in a large bowl.
- ☐ Mix well.
- ☐ Bring chicken broth to a boil over medium heat in a large kettle.
- ☐ Form the beef mixture into 1 inch meatballs, using about 1 1/2 tablespoons of meat for each. Turn the heat down under the chicken broth to a simmer and drop the meatballs into the broth. Simmer the meatballs in the broth for 20 minutes, until meatballs are cooked through.
- ☐ Stir in the carrots, onion, celery, canned diced tomatoes with green chiles, tomato sauce, canned chiles, cilantro, garlic powder, oregano, and cumin. Simmer the soup for 1 hour to cook the vegetables and blend the flavors.

Nutrition Facts



Properties

Glycemic Index:25.9, Glycemic Load:5.86, Inflammation Score:-10, Nutrition Score:19.9060867973%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 433.53kcal (21.68%), Fat: 24.79g (38.13%), Saturated Fat: 9.3g (58.12%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 25.3g (9.2%), Sugar: 6.67g (7.41%), Cholesterol: 91.16mg (30.39%), Sodium: 1979.37mg (86.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.79g (43.57%), Vitamin A: 4862.18IU (97.24%), Vitamin B12: 2.04µg (34.07%), Potassium: 1108.65mg (31.68%), Zinc: 4.37mg (29.12%), Vitamin B3: 5.41mg (27.05%), Selenium: 18.62µg (26.59%), Vitamin B6: 0.43mg (21.54%), Vitamin B2: 0.36mg (21.21%), Phosphorus: 204.45mg (20.44%), Manganese: 0.36mg (17.88%), Iron: 3.18mg (17.66%), Vitamin C: 14.53mg (17.61%), Fiber: 4.08g (16.31%), Vitamin K: 14.15µg (13.48%), Vitamin B1: 0.16mg (10.96%), Calcium: 109.65mg (10.96%), Folate: 37.76µg (9.44%), Copper: 0.17mg (8.72%), Vitamin B5: 0.87mg (8.69%), Magnesium: 33.93mg (8.48%), Vitamin E: 1.13mg (7.52%), Vitamin D: 0.18µg (1.19%)