



## Stuffed Chipotle Meatballs

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 1.5 cups chicken broth
- 2 chipotle chiles in adobo sauce canned
- 1 eggs
- 3 tablespoons cilantro leaves fresh chopped
- 1 garlic clove minced
- 1 pound ground beef
- 3 hardboiled eggs cut into quarters

- 0.5 cup onion diced finely
- 1.5 teaspoons salt
- 1 cup tomato sauce plain canned
- 1 tablespoon rice long-grain white uncooked

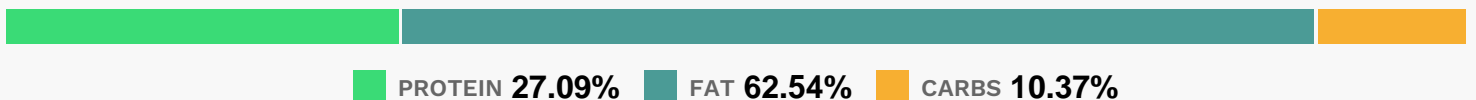
## Equipment

- food processor
- bowl
- sauce pan
- pot
- sieve
- blender

## Directions

- In a medium bowl, combine beef, egg, rice, salt, and onion.
- Mixture will be soft. Form meat into 12 thin patties, each about 3 in. wide. Put a wedge of hard-boiled egg in center of each patty, then press meat around eggs, forming 12 balls. Cover and refrigerate while you prepare sauce.
- In a blender or food processor, combine chicken broth, tomato sauce, chipotles, and garlic; blend until smooth.
- Pour sauce through strainer into a medium saucepan and add meatballs and bay leaf. Bring to a boil, then reduce heat to a simmer. Cover pot and cook meatballs in sauce, turning occasionally, until they're cooked through, about 25 minutes.
- Pour over rice and sprinkle with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:48.8, Glycemic Load:3.31, Inflammation Score:-5, Nutrition Score:17.753478361213%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

## **Nutrients (% of daily need)**

Calories: 409.63kcal (20.48%), Fat: 28.13g (43.27%), Saturated Fat: 10.32g (64.52%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 8.4g (3.06%), Sugar: 4.38g (4.87%), Cholesterol: 263.07mg (87.69%), Sodium: 1628.75mg (70.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.83%), Vitamin B12: 2.96µg (49.31%), Selenium: 33.43µg (47.75%), Zinc: 5.56mg (37.07%), Vitamin B2: 0.51mg (30.05%), Phosphorus: 296.88mg (29.69%), Vitamin B3: 5.72mg (28.58%), Vitamin B6: 0.53mg (26.53%), Iron: 3.78mg (20.98%), Potassium: 604.71mg (17.28%), Vitamin B5: 1.53mg (15.28%), Vitamin E: 1.9mg (12.67%), Vitamin A: 544.01IU (10.88%), Manganese: 0.21mg (10.72%), Folate: 39.47µg (9.87%), Magnesium: 37.66mg (9.41%), Copper: 0.19mg (9.26%), Fiber: 2.09g (8.35%), Vitamin B1: 0.12mg (8.31%), Vitamin D: 1.16µg (7.72%), Vitamin C: 6.09mg (7.39%), Calcium: 65.36mg (6.54%), Vitamin K: 4.93µg (4.69%)