

food
network



HEALTH SCORE

56%

Cardoon Soup with Meatballs: Cardi in Brodo

READY IN



360 min.

SERVINGS



6

CALORIES



1059 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 substitute 7 artichokes fresh peeled
- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons peppercorns black
- ☐ 6 carrots coarsely chopped
- ☐ 8 ribs celery coarsely chopped
- ☐ 7 pounds chicken wings
- ☐ 3 eggs beaten
- ☐ 1 teaspoon flour all-purpose
- ☐ 10 ounces ground pork finely

- ☐ 1 juice of lemon juiced
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 onion spanish chopped
- ☐ 4 onions coarsely chopped
- ☐ 2 bunches parsley stems
- ☐ 1 cup pecorino grated
- ☐ 1 tablespoon salt plus more for seasoning
- ☐ 4 tablespoons tomato paste

Equipment

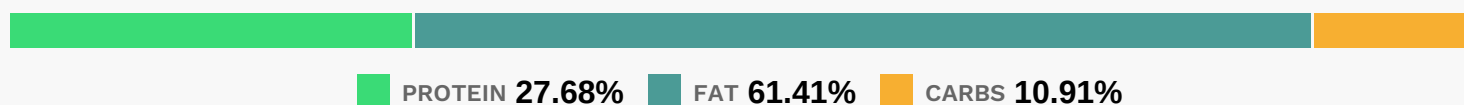
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ If using cardoons: cut the cardoon stalks into 1/2-inch pieces and place in a large bowl. Cover with water and add the juice of 1 lemon. Set aside to soak for about 3 hours.
- ☐ Drain the cardoon pieces and place in a medium saucepan. Cover with cold water, to which 1 tablespoon of salt has been added, then add the juice of 1 lemon and the flour. Bring to a boil and cook gently over medium-high heat, about 15 to 20 minutes, or until the cardoon pieces are very tender.
- ☐ Drain and squeeze dry, then set aside.
- ☐ If using artichokes: trim the leaves from the artichokes, remove the choke, and peel the stem. Drop each into acidulated water as finished.
- ☐ Drain the hearts and place in a medium saucepan. Cover with cold water, to which 1 tablespoon of salt has been added, then add then add the juice of 1 lemon and the flour. Bring to a boil and cook gently over medium-high heat, about 10 to 15 minutes, or until the hearts are very tender.

- ☐ Drain and pat dry, then set aside.
- ☐ In a large bowl, combine the pork, 3 eggs, 1 cup cheese, and salt and pepper, to taste, and mix well.
- ☐ Roll the mixture into small balls, no more than 3/4-inch in diameter. Set aside.
- ☐ Beat the remaining 5 eggs into the cardoons, then stir in the remaining 1 3/4 cups cheese.
- ☐ Pour into a saucepan, place over low heat and cook until it starts to thicken.
- ☐ Heat the olive oil in a soup pot, over medium heat.
- ☐ Add the meatballs, in batches of 6 or 7, and cook until they are light golden brown.
- ☐ Transfer to a plate as they are cooked.
- ☐ Add the onions to the pan and scrape up the brown bits with a wooden spoon while stirring the onions.
- ☐ Pour in the stock and bring to a boil. Lower the heat and add the meatballs and the reserved cardoon/egg mixture. Cover and simmer 10 minutes, or until the meatballs are cooked through.
- ☐ Serve hot.
- ☐ In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- ☐ Add all the chicken parts and brown all over, stirring to avoid burning.
- ☐ Remove the chicken and reserve.
- ☐ Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 6 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- ☐ Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.

Nutrition Facts



Properties

Glycemic Index:68.81, Glycemic Load:6.46, Inflammation Score:-10, Nutrition Score:49.868260943371%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 5.4mg, Naringenin: 5.4mg, Naringenin: 5.4mg, Naringenin: 5.4mg Apigenin: 45.67mg, Apigenin: 45.67mg, Apigenin: 45.67mg, Apigenin: 45.67mg Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 2.87mg, Myricetin: 2.87mg, Myricetin: 2.87mg, Myricetin: 2.87mg Quercetin: 19.02mg, Quercetin: 19.02mg, Quercetin: 19.02mg, Quercetin: 19.02mg

Nutrients (% of daily need)

Calories: 1059.37kcal (52.97%), Fat: 72.39g (111.37%), Saturated Fat: 21.57g (134.81%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 19.52g (7.1%), Sugar: 9.83g (10.92%), Cholesterol: 353.23mg (117.74%), Sodium: 691.29mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.42g (146.84%), Vitamin K: 370.17µg (352.54%), Vitamin A: 12873.08IU (257.46%), Vitamin B3: 21.09mg (105.46%), Selenium: 66.89µg (95.55%), Vitamin B6: 1.59mg (79.71%), Phosphorus: 758.96mg (75.9%), Vitamin C: 48.96mg (59.34%), Manganese: 1.06mg (53.08%), Potassium: 1547.36mg (44.21%), Vitamin B1: 0.66mg (43.8%), Zinc: 6.52mg (43.45%), Iron: 7.48mg (41.56%), Vitamin B2: 0.7mg (41.17%), Calcium: 396.95mg (39.7%), Fiber: 9.43g (37.71%), Vitamin B5: 3.64mg (36.37%), Magnesium: 144.72mg (36.18%), Folate: 140.71µg (35.18%), Vitamin E: 4.21mg (28.07%), Vitamin B12: 1.63µg (27.13%), Copper: 0.47mg (23.47%), Vitamin D: 0.81µg (5.39%)