



Chicken Meatball and Greens Soup

READY IN



62 min.

SERVINGS



30

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs fresh
- ☐ 1 large eggs beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 teaspoons sage fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 pound ground chicken
- ☐ 10 cup torn greens such as kale mixed
- ☐ 8 cups chicken broth low-sodium

- ☐ 0.5 cup parmesan grated
- ☐ 30 servings parmesan grated
- ☐ 1 cup soup noodles miniature
- ☐ 0.8 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 30 servings salt and pepper

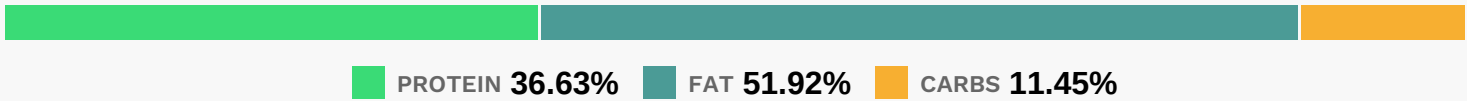
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Make meatballs: Preheat oven to 350F. Mist a large, rimmed baking sheet with cooking spray. In a large bowl, combine meatball ingredients, mixing thoroughly with your hands.
- ☐ Roll mixture into 1-inch balls, moistening hands with water if mixture is sticky, and place in a single layer on baking sheet (make sure meatballs are not touching).
- ☐ Bake for 10 minutes, shaking sheet halfway through.
- ☐ Make soup: In a large saucepan, bring broth to a simmer over high heat.
- ☐ Add meatballs, greens, 1 tsp. salt and 1/2 tsp. pepper. Cover, reduce heat to medium-low and simmer for 10 minutes. Stir in pasta; cook, uncovered, until pasta is tender, about 8 minutes, or as package label directs.
- ☐ Season soup with salt and pepper. Ladle into bowls; sprinkle with grated Parmesan just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:10.744782681051%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 3.28mg, Kaempferol: 3.28mg, Kaempferol: 3.28mg, Kaempferol: 3.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 175.99kcal (8.8%), Fat: 10.18g (15.67%), Saturated Fat: 5.75g (35.96%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.57g (1.66%), Sugar: 0.57g (0.63%), Cholesterol: 40.74mg (13.58%), Sodium: 806.69mg (35.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.17g (32.33%), Calcium: 403.12mg (40.31%), Vitamin K: 30.36µg (28.91%), Phosphorus: 280.11mg (28.01%), Copper: 0.47mg (23.7%), Vitamin A: 973.47IU (19.47%), Selenium: 10.99µg (15.7%), Vitamin B2: 0.2mg (11.89%), Vitamin B3: 2.03mg (10.17%), Vitamin B12: 0.55µg (9.15%), Vitamin C: 6.99mg (8.47%), Zinc: 1.27mg (8.46%), Vitamin B6: 0.13mg (6.69%), Manganese: 0.12mg (5.82%), Potassium: 200.47mg (5.73%), Magnesium: 22.73mg (5.68%), Iron: 0.83mg (4.59%), Vitamin B1: 0.06mg (3.84%), Vitamin B5: 0.36mg (3.62%), Folate: 10.05µg (2.51%), Fiber: 0.48g (1.93%), Vitamin D: 0.19µg (1.28%), Vitamin E: 0.18mg (1.2%)