



Chicken Meatball-and-Orzo Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cups baby spinach
- 1 pound mild chicken sausage fresh sweet italian such as casings discarded and meat rolled into twenty 1-inch meatballs
- 1 garlic clove very finely chopped
- 4 servings pepper black freshly ground
- 6 cups chicken broth low-sodium
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 cup orzo pasta

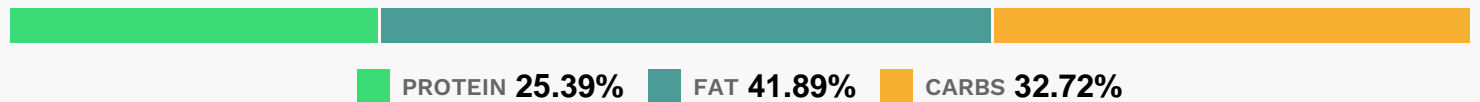
Equipment

- bowl
- sauce pan
- ladle
- pot
- slotted spoon

Directions

- In a large saucepan of boiling salted water, cook the orzo until it is al dente, about 8 minutes.
- Drain and rinse the orzo under cold water until cool.
- Meanwhile, in a medium soup pot, heat the olive oil until shimmering.
- Add the chicken meatballs and cook over moderately high heat until they are lightly browned, about 4 minutes. Using a slotted spoon, transfer the meatballs to a plate.
- Add the garlic to the pot and cook over moderate heat until lightly golden, about 1 minute.
- Add the chicken broth, bring to a simmer and season with salt and pepper.
- Add the meatballs to the broth and simmer until they are cooked through, about 3 minutes.
- Add the baby spinach and cooled orzo to the simmering broth and cook, stirring, until the spinach is wilted and the soup is piping hot, about 1 minute. Ladle the meatball-and-orzo soup into shallow bowls and serve.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:11.51, Inflammation Score:-10, Nutrition Score:20.003478086513%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 463.49kcal (23.17%), Fat: 22.33g (34.36%), Saturated Fat: 4.58g (28.63%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 37.19g (13.52%), Sugar: 2.99g (3.32%), Cholesterol: 80.06mg (26.69%), Sodium: 1298.35mg (56.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.45g (60.9%), Vitamin K: 183.45µg (174.71%), Vitamin A: 3917.28IU (78.35%), Manganese: 0.71mg (35.28%), Selenium: 24.19µg (34.55%), Vitamin B3: 5.77mg (28.83%), Folate: 79.54µg (19.88%), Phosphorus: 196.76mg (19.68%), Iron: 3.25mg (18.07%), Potassium: 601.69mg (17.19%), Copper: 0.34mg (17.06%), Vitamin C: 12.36mg (14.98%), Magnesium: 53.4mg (13.35%), Vitamin B2: 0.2mg (11.8%), Vitamin E: 1.31mg (8.72%), Vitamin B6: 0.17mg (8.57%), Fiber: 2.07g (8.26%), Zinc: 1.09mg (7.28%), Calcium: 61mg (6.1%), Vitamin B12: 0.35µg (5.9%), Vitamin B1: 0.06mg (4.31%), Vitamin B5: 0.19mg (1.92%)