Clam Soup with Orzo and Meatballs

READY IN	SERVINGS	CALORIES
44 min.	9	422 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 6 cups beef broth
- [ ] 1 rib celery chopped
- [ ] 1 teaspoon basil dried
- [ ] 1 cup cooking wine dry white
- [ ] 0.3 cup flat-leaf parsley fresh minced
- [ ] 2 teaspoons juice of lemon fresh
- [ ] 40 littleneck clams scrubbed
- [ ] 16 ounce cocktail-size meatballs frozen fully cooked
- [ ] 2 tablespoons olive oil

- [ ] 1 large onion chopped
- [ ] 1 teaspoon oregano dried
- [ ] 1 cup orzo pasta uncooked
- [ ] 0.3 cup parmigiano-reggiano cheese freshly grated
- [ ] 9 servings parmigiano-reggiano cheese grated
- [ ] 0.8 teaspoon salt
- [ ] 2 tablespoons butter unsalted

Equipment

- [ ] bowl
- [ ] ladle
- [ ] dutch oven

Directions

- [ ] Saut onion and celery in butter and olive oil in a large Dutch oven over medium heat 4 minutes or until tender.
- [ ] Add wine and next 3 ingredients; cook 5 minutes or until mixture is reduced by half, stirring occasionally.
- [ ] Stir in broth and meatballs. Cover and bring to a boil; reduce heat, and simmer 10 minutes.
- [ ] Add orzo and clams; simmer 10 minutes or until orzo is tender and clams have opened. Discard any that do not. Stir in parsley, 1/4 cup cheese, and lemon juice.
- [ ] Ladle soup into bowls.
- [ ] Serve with additional cheese.
- [ ] Quick tip The next time you make meatballs, double the recipe and keep a batch on hand in the freezer. Or, to keep it simple, buy prepared frozen meatballs; try Farm Rich--the party size works well for soups.

Nutrition Facts

PROTEIN **25.95%** FAT **57.49%** CARBS **16.56%**

Properties

Glycemic Index:26, Glycemic Load:5.85, Inflammation Score:-7, Nutrition Score:16.413478307102%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 3.6mg, Apigenin: 3.6mg, Apigenin: 3.6mg, Apigenin: 3.6mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 422.15kcal (21.11%), Fat: 25.52g (39.26%), Saturated Fat: 11.63g (72.67%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 15.53g (5.65%), Sugar: 1.73g (1.92%), Cholesterol: 68.07mg (22.69%), Sodium: 1352.12mg (58.79%), Alcohol: 2.75g (100%), Alcohol %: 1.08% (100%), Protein: 25.92g (51.85%), Selenium: 34.44µg (49.2%), Calcium: 427.46mg (42.75%), Phosphorus: 398.55mg (39.86%), Vitamin B12: 1.92µg (31.97%), Vitamin K: 33.51µg (31.91%), Vitamin B1: 0.41mg (27.51%), Vitamin B3: 3.93mg (19.64%), Vitamin B2: 0.29mg (16.97%), Zinc: 2.39mg (15.93%), Vitamin B6: 0.3mg (15.14%), Manganese: 0.27mg (13.33%), Magnesium: 44.51mg (11.13%), Potassium: 363.13mg (10.38%), Vitamin A: 511.17IU (10.22%), Iron: 1.76mg (9.8%), Vitamin B5: 0.65mg (6.5%), Vitamin C: 4.24mg (5.14%), Copper: 0.1mg (5.05%), Vitamin E: 0.74mg (4.96%), Folate: 18.67µg (4.67%), Fiber: 1.01g (4.05%), Vitamin D: 0.21µg (1.4%)