



Easy Italian Wedding Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 oz chicken broth canned
- ☐ 16 meatballs frozen cooked
- ☐ 1 cup tomato sauce
- ☐ 1 cup shells uncooked
- ☐ 2 cups pkt spinach shredded finely
- ☐ 1 cup water

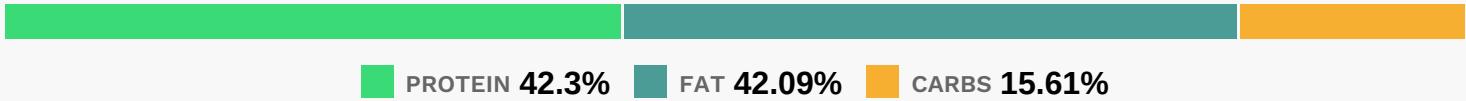
Equipment

- ☐ sauce pan

Directions

- ☐ Bring broth and one cup water to a boil in a large saucepan; add pasta and meatballs. Return to a boil; cook 7 to 9 minutes or until pasta is done. Do not drain.
- ☐ Reduce heat; stir in spinach and pizza sauce. Cook 1 to 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:8.62, Inflammation Score:-9, Nutrition Score:28.091739182887%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 638.42kcal (31.92%), Fat: 29.13g (44.82%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 22.27g (8.1%), Sugar: 2.91g (3.23%), Cholesterol: 143.09mg (47.7%), Sodium: 1328.67mg (57.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.88g (131.75%), Selenium: 67.91µg (97.02%), Vitamin K: 78.92µg (75.16%), Phosphorus: 483.6mg (48.36%), Zinc: 6.94mg (46.29%), Vitamin B3: 8.5mg (42.51%), Vitamin A: 2039.48IU (40.79%), Vitamin B12: 2.45µg (40.79%), Vitamin B6: 0.73mg (36.49%), Vitamin B1: 0.46mg (30.59%), Iron: 4.48mg (24.91%), Vitamin B2: 0.42mg (24.72%), Potassium: 796.55mg (22.76%), Manganese: 0.43mg (21.75%), Magnesium: 84.57mg (21.14%), Copper: 0.3mg (14.98%), Vitamin E: 1.87mg (12.48%), Folate: 46.02µg (11.51%), Vitamin C: 8.89mg (10.78%), Fiber: 2.05g (8.19%), Vitamin B5: 0.68mg (6.81%), Calcium: 67.06mg (6.71%), Vitamin D: 0.21µg (1.37%)