



Escarole and Orzo Soup with Turkey Parmesan Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs dried plain
- ☐ 1 cup carrots peeled chopped
- ☐ 1 large eggs
- ☐ 4 cups endive coarsely chopped ()
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 12 ounces pd of ground turkey lean
- ☐ 8 cups low-salt chicken broth ()

- ☐ 0.8 cup orzo pasta) (rice-shaped
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Whisk egg and 2 tablespoons water in medium bowl to blend.
- ☐ Mix in breadcrumbs; let stand 5 minutes.
- ☐ Add turkey, Parmesan cheese, parsley, garlic, salt, and pepper; gently stir to blend. Using wet hands, shape turkey mixture into 1 1/4-inch-diameter meatballs.
- ☐ Place on baking sheet; cover and chill 30 minutes.
- ☐ Bring 8 cups chicken broth to boil in large pot.
- ☐ Add carrots and orzo; reduce heat to medium and simmer uncovered 8 minutes.
- ☐ Add turkey meatballs and simmer 10 minutes. Stir in chopped escarole and simmer until turkey meatballs, orzo, and escarole are tender, about 5 minutes longer. Season soup to taste with salt and pepper. (Can be made 2 hours ahead. Rewarm over medium heat, thinning with more broth if desired.)
- ☐ Ladle soup into bowls and serve.
- ☐ Per serving: calories, 350; total fat, 14 g; saturated fat, 5 g; cholesterol, 132 mg
- ☐ Bon Appétit

Nutrition Facts



 PROTEIN **40.46%**  FAT **19.86%**  CARBS **39.68%**

Properties

Glycemic Index:56.96, Glycemic Load:9.69, Inflammation Score:-10, Nutrition Score:31.803478365359%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 5.16mg, Kaempferol: 5.16mg, Kaempferol: 5.16mg, Kaempferol: 5.16mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 370.86kcal (18.54%), Fat: 8.42g (12.95%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 34.05g (12.38%), Sugar: 3.51g (3.9%), Cholesterol: 98.71mg (32.9%), Sodium: 834.08mg (36.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.57g (77.14%), Vitamin K: 153.37µg (146.07%), Vitamin A: 6741.54IU (134.83%), Vitamin B3: 16.22mg (81.08%), Selenium: 44.65µg (63.79%), Phosphorus: 492.18mg (49.22%), Vitamin B6: 0.93mg (46.27%), Manganese: 0.63mg (31.75%), Potassium: 1039.76mg (29.71%), Folate: 105.53µg (26.38%), Vitamin B2: 0.41mg (24.33%), Copper: 0.47mg (23.73%), Zinc: 3.41mg (22.73%), Vitamin B12: 1.13µg (18.75%), Iron: 3.26mg (18.12%), Vitamin B5: 1.67mg (16.75%), Magnesium: 63.9mg (15.97%), Fiber: 3.78g (15.12%), Calcium: 145.02mg (14.5%), Vitamin B1: 0.22mg (14.4%), Vitamin C: 8.27mg (10.02%), Vitamin E: 0.71mg (4.72%), Vitamin D: 0.62µg (4.14%)