



WHATSheATE



Escarole Soup with Turkey Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 quarts chicken broth low-sodium homemade canned
- ☐ 0.5 cup bread crumbs dry
- ☐ 2 eggs beaten
- ☐ 0.5 pound endive washed chopped well 1 quart
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 pound pd of ground turkey
- ☐ 3 tablespoons olive oil

- ☐ 1 small onion minced
- ☐ 0.5 cup parmesan grated
- ☐ 0.3 teaspoon red-pepper flakes
- ☐ 1.5 teaspoons salt
- ☐ 2 cups water
- ☐ 2 tablespoons white-wine vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ In a medium bowl, mix together the turkey, eggs, garlic, onion, bread crumbs, Parmesan, parsley, 1/2 teaspoon of the salt, and the black pepper until thoroughly combined. Shape the mixture into twenty meatballs.
- ☐ In a large frying pan, heat 1 1/2 tablespoons of the oil over moderate heat.
- ☐ Add half the meatballs to the pan and cook, turning, until browned on all sides, about 3 minutes.
- ☐ Remove the meatballs from the pan and drain on paper towels. Repeat with the remaining 1 1/2 tablespoons oil and the rest of the meatballs.
- ☐ Put all of the meatballs, the escarole, broth, water, vinegar, red-pepper flakes, and the remaining 1 teaspoon of salt in a large pot. Cover and bring to a simmer over moderate heat, stirring occasionally. The meatballs should be cooked through by the time the broth comes to a simmer.
- ☐ Wine Recommendation: Turkey is deceptively strong in flavor and can stand up to even the most powerful red wines. Here, try a raw-boned, rich petite sirah from California for a rollicking duet.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:31.563913013624%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 432.94kcal (21.65%), Fat: 21.09g (32.45%), Saturated Fat: 5.59g (34.93%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 15.95g (5.8%), Sugar: 2.44g (2.72%), Cholesterol: 152.71mg (50.9%), Sodium: 1392.96mg (60.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.07g (88.15%), Vitamin K: 261.88µg (249.41%), Vitamin B3: 17.18mg (85.92%), Vitamin B6: 1.12mg (56.19%), Selenium: 38.38µg (54.83%), Phosphorus: 544.08mg (54.41%), Vitamin A: 2143.41IU (42.87%), Folate: 130.05µg (32.51%), Vitamin B2: 0.48mg (28.16%), Potassium: 963.49mg (27.53%), Calcium: 253.45mg (25.34%), Zinc: 3.76mg (25.09%), Manganese: 0.45mg (22.43%), Vitamin B12: 1.33µg (22.1%), Iron: 3.88mg (21.54%), Vitamin B5: 2.04mg (20.35%), Copper: 0.4mg (20.03%), Vitamin C: 15.23mg (18.46%), Vitamin B1: 0.28mg (18.42%), Magnesium: 66.48mg (16.62%), Vitamin E: 2.22mg (14.8%), Fiber: 3g (12%), Vitamin D: 0.96µg (6.37%)