



Hearty Meatball Soup I



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cube beef bouillon cubes
- ☐ 4 carrots coarsely chopped
- ☐ 2 stalks celery chopped
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 eggs
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 pound pd of ground turkey

- ☐ 1 onion chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 cups water
- ☐ 11 ounce kernel corn whole drained canned

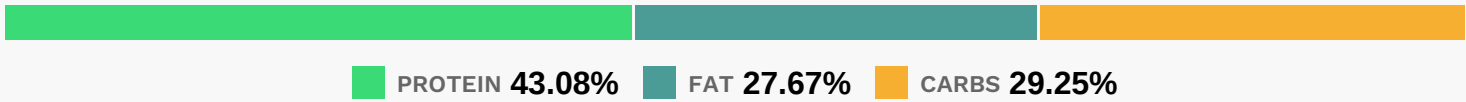
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Mix together the ground turkey, egg, onion, garlic salt, and pepper. Form meatballs using a tablespoon measure.
- ☐ Heat the oil in a skillet over medium heat. Brown meatballs in oil.
- ☐ Transfer meatballs to a paper towel to drain.
- ☐ In a soup pot, dissolve the bouillon cube in the boiling water. Stir in the undiluted mushroom soup.
- ☐ Add the carrots, celery, onion, and corn.
- ☐ Add the meatballs to the soup, and bring to a boil. Reduce heat, and simmer 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:17.137825996979%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.86mg, Quercetin:

3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 211.74kcal (10.59%), Fat: 6.57g (10.1%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 13.83g (5.03%), Sugar: 3g (3.33%), Cholesterol: 71.42mg (23.81%), Sodium: 874.03mg (38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23g (45.99%), Vitamin A: 6912.97IU (138.26%), Vitamin B3: 8.69mg (43.46%), Vitamin B6: 0.77mg (38.5%), Selenium: 19.31µg (27.59%), Phosphorus: 246.4mg (24.64%), Potassium: 552.56mg (15.79%), Zinc: 2.28mg (15.23%), Manganese: 0.3mg (14.85%), Vitamin K: 13.67µg (13.02%), Vitamin B2: 0.19mg (11.11%), Folate: 44.34µg (11.08%), Vitamin B5: 1.04mg (10.44%), Copper: 0.21mg (10.38%), Magnesium: 41.3mg (10.32%), Vitamin B12: 0.54µg (8.97%), Iron: 1.39mg (7.73%), Fiber: 1.79g (7.15%), Vitamin B1: 0.11mg (7.14%), Vitamin C: 5.05mg (6.12%), Vitamin E: 0.62mg (4.16%), Calcium: 35.04mg (3.5%), Vitamin D: 0.45µg (2.99%)