



 **86%**  
HEALTH SCORE

## Italian Meatball Soup Rapido

 **Gluten Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**884 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 ounces baby spinach coarsely chopped
- 0.3 teaspoon pepper black
- 28 ounce beans white drained and rinsed canned
- 2 carrots halved lengthwise thinly sliced
- 1 celery stalks halved lengthwise thinly sliced
- 4 garlic clove chopped
- 5.3 cups chicken broth reduced-sodium (42 fl ounces)
- 15 ounces meatballs refrigerated frozen

- 0.3 cup olive oil
- 6 ounces onion frozen chopped
- 0.5 cup parmesan finely grated
- 4 servings parmesan finely grated
- 0.8 teaspoon salt to taste
- 2.5 cups water

## Equipment

- frying pan
- pot

## Directions

- Heat 2 tablespoons oil in a 5- to 6-quart pot over high heat until hot but not smoking, then cook onions, garlic, celery, and carrots, stirring occasionally, until onions are pale golden, about 4 minutes. Stir in broth and water and bring to a boil, covered. Meanwhile, heat remaining 2 tablespoons oil in a 12-inch heavy skillet over high heat until hot but not smoking, then sauté meatballs (do not thaw if frozen), turning occasionally, until browned all over, about 3 minutes.
- Add meatballs to soup along with beans and briskly simmer, covered, stirring occasionally, until vegetables are tender and meatballs are heated through, about 15 minutes. Stir in spinach, cheese, salt, and pepper and simmer, uncovered, until spinach is wilted, about 1 minute.

## Nutrition Facts

**PROTEIN 24.87%** **FAT 49.93%** **CARBS 25.2%**

## Properties

Glycemic Index:71.21, Glycemic Load:12.77, Inflammation Score:-10, Nutrition Score:48.486521757167%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg

Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg

## Nutrients (% of daily need)

Calories: 883.92kcal (44.2%), Fat: 49.71g (76.48%), Saturated Fat: 17.96g (112.27%), Carbohydrates: 56.44g (18.81%), Net Carbohydrates: 44.45g (16.16%), Sugar: 4.76g (5.29%), Cholesterol: 105.44mg (35.15%), Sodium: 1339mg (58.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.72g (111.43%), Vitamin K: 190.51µg (181.44%), Vitamin A: 8763.91IU (175.28%), Phosphorus: 799.9mg (79.99%), Manganese: 1.53mg (76.29%), Calcium: 741.49mg (74.15%), Vitamin B1: 1.06mg (70.6%), Selenium: 39.92µg (57.04%), Folate: 220.37µg (55.09%), Potassium: 1885.48mg (53.87%), Iron: 9.15mg (50.85%), Vitamin B3: 9.83mg (49.13%), Fiber: 11.99g (47.97%), Magnesium: 181.68mg (45.42%), Zinc: 6.43mg (42.84%), Vitamin B6: 0.83mg (41.31%), Copper: 0.79mg (39.56%), Vitamin B2: 0.66mg (38.68%), Vitamin E: 4.54mg (30.27%), Vitamin B12: 1.56µg (26.07%), Vitamin C: 16.62mg (20.14%), Vitamin B5: 1.45mg (14.5%), Vitamin D: 0.21µg (1.42%)