



 **100%**
HEALTH SCORE

Italian Wedding Soup

 Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups baby spinach
- 3 tablespoons breadcrumbs (preferably panko)
- 3 carrots finely chopped
- 3 cups chicken broth fat-free low-sodium
- 2 teaspoons sage fresh chopped
- 2 cloves garlic finely chopped
- 0.5 pound ground pork
- 1 tablespoon olive oil extra-virgin

- 1 small onion finely chopped
- 0.8 cup orzo pasta
- 1 parmesan cheese rind grated plus more for topping
- 2 teaspoons worcestershire sauce

Equipment

- bowl
- ladle
- pot

Directions

- Heat the olive oil in a large pot over medium-high heat.
- Add the onion and carrots and cook, stirring, until slightly softened, about 4 minutes.
- Add half of the garlic and 1 teaspoon each Worcestershire sauce and sage; cook 1 minute.
- Add the chicken broth, 3 cups water and the parmesan rind and bring to a boil. Cover, reduce the heat to medium and simmer until the vegetables are tender, about 7 minutes.
- Meanwhile, mix the pork, breadcrumbs, 1 tablespoon grated parmesan, the remaining garlic and the remaining 1 teaspoon each Worcestershire sauce and sage in a bowl. Form into 1-inch meatballs.
- Increase the heat to medium high and bring the soup to a boil. Stir in the orzo and cook 6 minutes.
- Add the meatballs and cook until they are firm and float to the top, about 4 more minutes. Stir in the spinach and cook until wilted, about 1 more minute. Ladle the soup into bowls and top with parmesan.
- Photograph by Antonis Achilleos

Nutrition Facts



PROTEIN **20.64%** FAT **40.83%** CARBS **38.53%**

Properties

Glycemic Index:51.21, Glycemic Load:10.67, Inflammation Score:-10, Nutrition Score:33.169130398284%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 4.06mg, Kaempferol: 4.06mg, Kaempferol: 4.06mg, Kaempferol: 4.06mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 388.88kcal (19.44%), Fat: 17.88g (27.51%), Saturated Fat: 5.56g (34.75%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 33.73g (12.27%), Sugar: 4.93g (5.47%), Cholesterol: 40.99mg (13.66%), Sodium: 264.49mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.68%), Vitamin K: 298.6µg (284.38%), Vitamin A: 13277.97IU (265.56%), Copper: 3.36mg (168.17%), Manganese: 1.08mg (54.17%), Selenium: 34.63µg (49.47%), Vitamin B1: 0.61mg (40.4%), Folate: 144.64µg (36.16%), Vitamin B3: 6.8mg (33.98%), Phosphorus: 274.54mg (27.45%), Vitamin C: 22.11mg (26.8%), Potassium: 933.66mg (26.68%), Vitamin B6: 0.5mg (25.19%), Vitamin B2: 0.39mg (22.69%), Magnesium: 87.89mg (21.97%), Iron: 3.72mg (20.65%), Fiber: 4.24g (16.96%), Zinc: 2.44mg (16.24%), Vitamin E: 2.07mg (13.79%), Calcium: 128.65mg (12.86%), Vitamin B12: 0.6µg (10.05%), Vitamin B5: 0.74mg (7.37%)