



Italian Wedding Soup

 Popular

READY IN



35 min.

SERVINGS



8

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black freshly ground
- 1 pound salad leaves curly endive good coarsely chopped
- 1 large eggs
- 2 large eggs
- 1 teaspoon garlic minced
- 8 ounces ground beef
- 8 ounces ground pork
- 12 cups chicken broth low-sodium

- 1 small onion grated
- 0.5 cup parmesan grated
- 2 tablespoon parmesan freshly grated for garnish
- 0.3 cup parsley fresh italian chopped
- 1 teaspoon salt
- 8 servings salt and pepper black freshly ground
- 1 slice bread fresh white trimmed

Equipment

- bowl
- baking sheet
- ladle
- whisk
- pot

Directions

- Watch how to make this recipe.
- To make the meatballs: Stir the first 6 ingredients in a large bowl to blend. Stir in the cheese, beef and pork. Using 1 1/2 teaspoons for each, shape the meat mixture into 1-inch-diameter meatballs.
- Place on a baking sheet.
- To make the soup: Bring the broth to a boil in a large pot over medium-high heat.
- Add the meatballs and curly endive and simmer until the meatballs are cooked through and the curly endive is tender, about 8 minutes.
- Whisk the eggs and cheese in a medium bowl to blend. Stir the soup in a circular motion. Gradually drizzle the egg mixture into the moving broth, stirring gently with a fork to form thin stands of egg, about 1 minute. Season the soup to taste with salt and pepper.
- Ladle the soup into bowls and serve. Finish soup with parmesan cheese if desired.

Nutrition Facts



■ PROTEIN 31.63% ■ FAT 54.57% ■ CARBS 13.8%

Properties

Glycemic Index:33.21, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:24.396086920863%

Flavonoids

Apigenin: 5.82mg, Apigenin: 5.82mg, Apigenin: 5.82mg, Apigenin: 5.82mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 287.51kcal (14.38%), Fat: 17.89g (27.52%), Saturated Fat: 6.93g (43.33%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 7.48g (2.72%), Sugar: 1.58g (1.76%), Cholesterol: 115.39mg (38.46%), Sodium: 622.45mg (27.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.66%), Vitamin K: 210.97µg (200.92%), Vitamin A: 3615.27IU (72.31%), Vitamin B3: 7.84mg (39.2%), Phosphorus: 325.82mg (32.58%), Selenium: 19.96µg (28.51%), Vitamin B12: 1.42µg (23.6%), Vitamin B2: 0.4mg (23.32%), Potassium: 769.04mg (21.97%), Vitamin C: 17.9mg (21.7%), Folate: 83.59µg (20.9%), Copper: 0.41mg (20.5%), Zinc: 2.93mg (19.56%), Calcium: 190.81mg (19.08%), Vitamin B1: 0.29mg (19.05%), Vitamin B6: 0.36mg (17.78%), Manganese: 0.35mg (17.26%), Iron: 2.77mg (15.39%), Vitamin B5: 1.36mg (13.65%), Vitamin E: 1.64mg (10.94%), Fiber: 2.7g (10.79%), Magnesium: 40.31mg (10.08%), Vitamin D: 0.44µg (2.94%)