



Italian Wedding Soup

READY IN



75 min.

SERVINGS



8

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces baby spinach washed and trimmed
- ☐ 0.7 cup bread crumbs fresh white
- ☐ 1 cup carrots diced cut into 1/4 inch pieces (3 carrots)
- ☐ 0.8 cup celery diced cut into 1/4 inch pieces (2 stalks)
- ☐ 0.5 pound mild chicken sausage
- ☐ 10 cups chicken stock see homemade
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 extra large eggs lightly beaten
- ☐ 0.3 cup optional: dill fresh minced

- ☐ 3 tablespoons parsley leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.8 pound ground chicken
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons milk
- ☐ 2 tablespoons olive oil good
- ☐ 0.3 cup parmesan freshly grated for serving
- ☐ 0.3 cup pecorino cheese freshly grated
- ☐ 1 cup pasta such as tubetini
- ☐ 1 cup onion yellow minced

Equipment

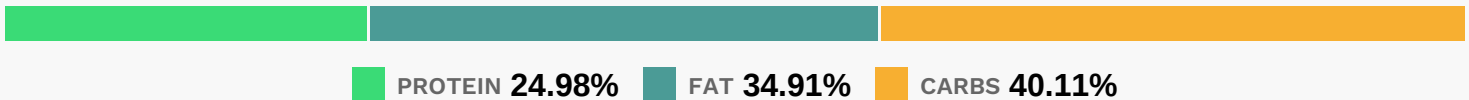
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ baking paper
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ For the meatballs, place the ground chicken, sausage, bread crumbs, garlic, parsley, Pecorino, Parmesan, milk, egg, 1 teaspoon salt, and 1/2 teaspoon pepper in a bowl and combine gently with a fork. With a teaspoon, drop 1 to 1 1/4-inch meatballs onto a sheet pan lined with parchment paper. (You should have about 40 meatballs. They don't have to be perfectly round.)
- ☐ Bake for 30 minutes, until cooked through and lightly browned. Set aside.
- ☐ In the meantime, for the soup, heat the olive oil over medium-low heat in a large heavy-bottomed soup pot.

- ☐ Add the onion, carrots, and celery and saute until softened, 5 to 6 minutes, stirring occasionally.
- ☐ Add the chicken stock and wine and bring to a boil.
- ☐ Add the pasta to the simmering broth and cook for 6 to 8 minutes, until the pasta is tender.
- ☐ Add the fresh dill and then the meatballs to the soup and simmer for 1 minute. Taste for salt and pepper. Stir in the fresh spinach and cook for 1 minute, until the spinach is just wilted. Ladle into soup bowls and sprinkle each serving with extra grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:44.23, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:29.743043557457%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 3.51mg, Apigenin: 3.51mg, Apigenin: 3.51mg, Apigenin: 3.51mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 479.95kcal (24%), Fat: 18.24g (28.05%), Saturated Fat: 4.87g (30.43%), Carbohydrates: 47.15g (15.72%), Net Carbohydrates: 43.81g (15.93%), Sugar: 8.85g (9.83%), Cholesterol: 97.68mg (32.56%), Sodium: 967.54mg (42.07%), Alcohol: 1.54g (100%), Alcohol %: 0.36% (100%), Protein: 29.36g (58.73%), Vitamin K: 239.03µg (227.64%), Vitamin A: 7137.07IU (142.74%), Selenium: 36.02µg (51.45%), Vitamin B3: 8.82mg (44.08%), Manganese: 0.87mg (43.39%), Vitamin B2: 0.58mg (34.28%), Phosphorus: 332.77mg (33.28%), Folate: 131.52µg (32.88%), Vitamin B6: 0.63mg (31.58%), Potassium: 1020.7mg (29.16%), Vitamin C: 19.14mg (23.2%), Vitamin B1: 0.33mg (22.18%), Magnesium: 86.62mg (21.65%), Iron: 3.74mg (20.8%), Copper: 0.39mg (19.36%), Calcium: 179.4mg (17.94%), Zinc: 2.24mg (14.93%), Fiber: 3.35g (13.39%), Vitamin E: 1.85mg (12.33%), Vitamin B5: 0.94mg (9.41%), Vitamin B12: 0.43µg (7.25%), Vitamin D: 0.23µg (1.55%)