

 **58%**
HEALTH SCORE

Italian Wedding Soup

READY IN

**40 min.**

SERVINGS

**6**

CALORIES

**383 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces baby spinach chopped
- ☐ 1 can chickpeas drained and rinsed
- ☐ 1 large carrots diced finely
- ☐ 1 rib celery diced finely
- ☐ 0.3 cup bread crumbs dry
- ☐ 1 pound ground pork
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 2 quarts chicken stock see low-sodium homemade
- ☐ 0.3 cup orzo pasta

☐ 0.3 cup parmigiano-reggiano freshly grated plus more for serving

Equipment

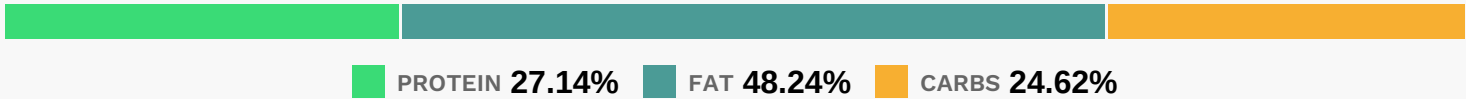
☐ bowl

☐ pot

Directions

- ☐ In a large pot, bring the chicken stock to a boil with the carrot and celery. Season with salt and pepper.
- ☐ Add the orzo and cook until al dente, about 7 minutes.
- ☐ Meanwhile, in a bowl, knead the pork with the 1/4 cup of cheese, the bread crumbs and 1/2 teaspoon each of salt and pepper. Form the mixture into 1-inch balls.
- ☐ Drop the balls into the boiling soup and simmer for 5 minutes. Stir in the spinach and chickpeas and simmer until the meatballs are cooked through, 5 minutes longer.
- ☐ Serve, passing extra cheese at the table.

Nutrition Facts



Properties

Glycemic Index:36.69, Glycemic Load:5.17, Inflammation Score:-10, Nutrition Score:27.624348138338%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 383.41kcal (19.17%), Fat: 20.91g (32.18%), Saturated Fat: 7.44g (46.51%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 19.44g (7.07%), Sugar: 1.56g (1.73%), Cholesterol: 57.26mg (19.09%), Sodium: 667.79mg (29.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Vitamin K: 116.11µg (110.58%), Vitamin A: 4269.91IU (85.4%), Manganese: 0.95mg (47.72%), Vitamin B1: 0.65mg (43.65%), Vitamin B3: 8.4mg (42.02%), Vitamin B6: 0.76mg (37.95%), Selenium: 26.38µg (37.68%), Phosphorus: 351.3mg (35.13%), Potassium: 794.27mg (22.69%), Vitamin B2: 0.37mg (21.83%), Zinc: 2.92mg (19.48%), Folate: 77.06µg (19.26%), Copper: 0.38mg

(18.88%), Fiber: 4.58g (18.33%), Iron: 3.27mg (18.15%), Magnesium: 65.11mg (16.28%), Vitamin B12: 0.91µg (15.17%), Calcium: 136.04mg (13.6%), Vitamin C: 7.96mg (9.64%), Vitamin B5: 0.85mg (8.5%), Vitamin E: 0.58mg (3.86%)