



Lemon, Orzo, and Meatball Soup

READY IN



45 min.

SERVINGS



3

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 carrots thinly sliced
- ☐ 64 oz chicken broth
- ☐ 1 teaspoon rosemary dried divided crushed
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 1 pound ground chicken
- ☐ 1 teaspoon kosher salt

- ☐ 5 Tbsp juice of lemon
- ☐ 4 teaspoons lemon zest divided loosely packed
- ☐ 3 tablespoons olive oil divided
- ☐ 0.8 cup orzo pasta
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 medium size onion sweet chopped

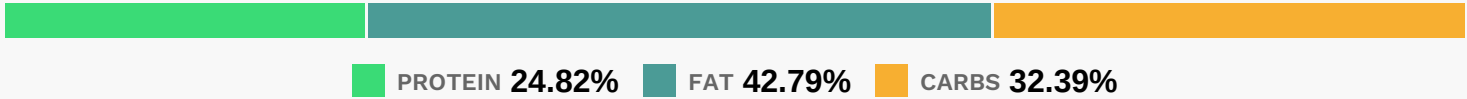
Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Combine first 4 ingredients, 2 tsp. lemon zest, and 1/2 tsp. rosemary in a medium bowl. Shape into 30 (1-inch) meatballs (about 1 level tablespoonful each).
- ☐ Saut meatballs, in 2 batches, in 1 Tbsp. hot oil per batch in a Dutch oven over medium heat 3 to 4 minutes or until browned.
- ☐ Remove using a slotted spoon.
- ☐ Saut onion and next 2 ingredients in remaining 1 Tbsp. hot oil in Dutch oven over medium-high heat 3 to 5 minutes or until tender. Stir in broth, lemon juice, and remaining 2 tsp. zest and 1/2 tsp. rosemary. Bring to a boil, stirring occasionally.
- ☐ Add orzo. Reduce heat to medium; simmer, stirring occasionally, 7 to 9 minutes or until pasta is almost tender.
- ☐ Stir in meatballs; simmer, stirring occasionally, 5 to 7 minutes or until meatballs are thoroughly cooked.
- ☐ Add salt and pepper to taste. Top with cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:73.61, Glycemic Load:13.48, Inflammation Score:-10, Nutrition Score:39.226956574813%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 2.8mg, Myricetin: 2.8mg, Myricetin: 2.8mg, Myricetin: 2.8mg Quercetin: 16.3mg, Quercetin: 16.3mg, Quercetin: 16.3mg, Quercetin: 16.3mg

Nutrients (% of daily need)

Calories: 683.61kcal (34.18%), Fat: 32.88g (50.58%), Saturated Fat: 7.56g (47.27%), Carbohydrates: 56g (18.67%), Net Carbohydrates: 50.95g (18.53%), Sugar: 13.5g (15%), Cholesterol: 211.38mg (70.46%), Sodium: 3404.84mg (148.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.9g (85.8%), Vitamin A: 11212.4IU (224.25%), Vitamin K: 182.88µg (174.17%), Selenium: 52.8µg (75.42%), Vitamin B3: 11.93mg (59.66%), Vitamin B6: 1.15mg (57.57%), Vitamin B2: 0.96mg (56.49%), Phosphorus: 527.22mg (52.72%), Manganese: 0.97mg (48.34%), Vitamin C: 35.95mg (43.58%), Potassium: 1458.26mg (41.66%), Vitamin B1: 0.53mg (35.16%), Zinc: 4.32mg (28.82%), Vitamin B5: 2.57mg (25.67%), Iron: 4.17mg (23.19%), Vitamin E: 3.48mg (23.18%), Magnesium: 91.2mg (22.8%), Copper: 0.45mg (22.65%), Vitamin B12: 1.26µg (21%), Folate: 83.9µg (20.98%), Calcium: 206.35mg (20.63%), Fiber: 5.05g (20.2%), Vitamin D: 0.38µg (2.5%)