



Meatball and Pasta Soup

READY IN



120 min.

SERVINGS



4

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 cups beef stock
- 0.5 pound bulk sausage italian
- 1 tablespoon butter
- 14.5 ounce canned tomatoes chopped canned
- 1 large carrots chopped
- 2 stalks celery chopped
- 2 tablespoons parsley dried
- 1 eggs
- 1 clove garlic minced

- 0.3 teaspoon ground pepper black to taste
- 0.5 pound ground beef lean
- 0.3 cup milk
- 2 tablespoons onion minced
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt to taste
- 0.3 cup seasoned bread crumbs
- 2 tablespoons tomato paste italian-style
- 6 ounces tri-color wagon wheel pasta uncooked
- 0.8 cup onion yellow chopped

Equipment

- bowl
- frying pan
- paper towels
- pot

Directions

- Mix together in a bowl the ground beef, sausage, Parmesan cheese, bread crumbs, milk, egg, parsley, garlic, pepper, and onion.
- Roll into small meatballs, about 1 to 2 teaspoons each.
- Heat olive oil in a large skillet over medium-high heat. Brown meatballs in batches and drain on paper towels, wiping out pan between batches and adding more oil as needed.
- Melt butter in a large pot over medium heat.
- Add carrots, celery, and onion and cook until slightly softened, about 8 minutes. Stir in the meatballs, stock, tomato paste, tomatoes, salt and pepper. Bring to a boil, then reduce heat to low. Simmer for 30 minutes. Skim fat from surface.
- Bring a large pot of salted water to a boil.
- Add pasta and cook until al dente, 8 to 10 minutes.
- Drain. Cover and set aside.

Nutrition Facts

PROTEIN 25.19% FAT 38.82% CARBS 35.99%

Properties

Glycemic Index:108.96, Glycemic Load:17.24, Inflammation Score:-10, Nutrition Score:38.097826263179%

Flavonoids

Apigenin: 45.61mg, Apigenin: 45.61mg, Apigenin: 45.61mg, Apigenin: 45.61mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 5.07mg, Isorhamnetin: 5.07mg, Isorhamnetin: 5.07mg, Isorhamnetin: 5.07mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 677.56kcal (33.88%), Fat: 29.37g (45.19%), Saturated Fat: 11.88g (74.26%), Carbohydrates: 61.26g (20.42%), Net Carbohydrates: 55.4g (20.15%), Sugar: 12.94g (14.38%), Cholesterol: 135.87mg (45.29%), Sodium: 2133.43mg (92.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.88g (85.76%), Selenium: 66.5µg (95%), Vitamin A: 3723.62IU (74.47%), Vitamin B3: 11.88mg (59.4%), Phosphorus: 578.38mg (57.84%), Potassium: 1863.27mg (53.24%), Vitamin B2: 0.86mg (50.52%), Vitamin B6: 1.01mg (50.37%), Vitamin B1: 0.75mg (50.09%), Manganese: 0.97mg (48.44%), Zinc: 6.45mg (42.99%), Copper: 0.72mg (35.78%), Iron: 6.42mg (35.65%), Vitamin B12: 2.12µg (35.33%), Vitamin K: 34.25µg (32.61%), Magnesium: 119.27mg (29.82%), Calcium: 248.76mg (24.88%), Fiber: 5.86g (23.46%), Vitamin C: 18.37mg (22.26%), Folate: 74.53µg (18.63%), Vitamin E: 2.42mg (16.13%), Vitamin B5: 1.61mg (16.1%), Vitamin D: 0.49µg (3.24%)