



Meatball Orzo Soup

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



934 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 56 ounce chicken broth canned
- 1 teaspoon parsley dried
- 2 eggs
- 1 teaspoon pepper black
- 0.3 cup juice of lemon
- 28 ounce meatballs frozen thawed cooked
- 0.8 cup orzo pasta
- 1 small zucchini shredded

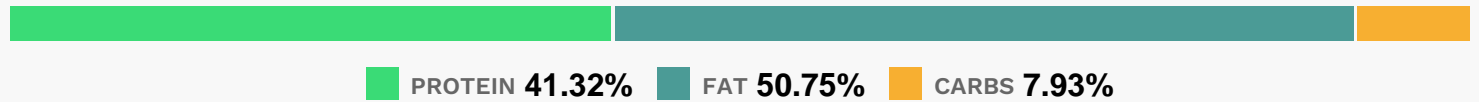
Equipment

- bowl
- pot

Directions

- Pour chicken broth into a large pot and mix in meatballs, zucchini and orzo. Season with pepper and parsley. Bring to a boil, reduce heat to low and simmer uncovered 30 minutes.
- In a bowl, beat together lemon juice and eggs.
- Mix 1/4 cup hot soup into bowl, then stir entire mixture into the pot.
- Serve soup hot.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:5.73, Inflammation Score:-6, Nutrition Score:30.43782609442%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 934.45kcal (46.72%), Fat: 51.24g (78.84%), Saturated Fat: 16.9g (105.64%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 17.11g (6.22%), Sugar: 1.31g (1.45%), Cholesterol: 282.11mg (94.04%), Sodium: 1373.21mg (59.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 93.88g (187.76%), Selenium: 97.65µg (139.5%), Phosphorus: 709.72mg (70.97%), Zinc: 10.05mg (67.01%), Vitamin B1: 1mg (66.86%), Vitamin B3: 12.52mg (62.61%), Vitamin B12: 3.7µg (61.71%), Vitamin B6: 1.1mg (54.94%), Vitamin B2: 0.67mg (39.69%), Iron: 5.22mg (29.01%), Potassium: 913.26mg (26.09%), Magnesium: 91.89mg (22.97%), Copper: 0.27mg (13.66%), Manganese: 0.27mg (13.47%), Vitamin B5: 1.25mg (12.48%), Vitamin A: 598.88IU (11.98%), Vitamin C: 8.4mg (10.18%), Vitamin K: 7.77µg (7.4%), Calcium: 73.14mg (7.31%), Folate: 29.02µg (7.25%), Vitamin E: 1.07mg (7.1%), Vitamin D: 0.56µg (3.72%), Fiber: 0.92g (3.66%)