



## Meatball Soup with Spinach

READY IN



55 min.

SERVINGS



8

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounce baby spinach fresh coarsely chopped
- 31.5 ounce condensed beef consomme undiluted canned
- 0.5 teaspoon pepper black divided
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, un-drained canned
- 1 cup carrots diced
- 1 large egg white
- 1 pound ground sirloin
- 2 teaspoons olive oil
- 1 large onion

- 1 ounce parmesan cheese fresh grated
- 1 cup water
- 1.2 ounce bread white

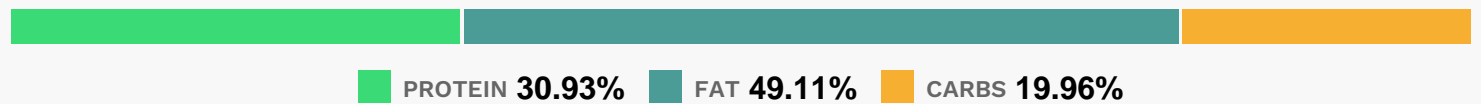
## Equipment

- food processor
- bowl
- ladle
- dutch oven

## Directions

- Grate 2 tablespoons onion; place in a large bowl. Chop remaining onion to measure 2 cups; set aside.
- Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/3 cup.
- Add the breadcrumbs, meat, 1/4 teaspoon pepper, and egg white to grated onion in bowl; mix with hands until well blended. Shape mixture into 42 (1-inch) meatballs; set aside.
- Heat oil in a large Dutch oven over medium heat.
- Add 2 cups chopped onion and carrot; saut 5 minutes or until vegetables are tender.
- Add water, consomm, and tomatoes; bring to a boil. Reduce heat to medium. Carefully add meatballs to soup; simmer 20 minutes or until meatballs are no longer pink. Stir in remaining 1/4 teaspoon pepper and spinach. Ladle soup into bowls, and sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:34.7, Glycemic Load:3.58, Inflammation Score:-10, Nutrition Score:21.005652220353%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin:

4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

## Nutrients (% of daily need)

Calories: 201.78kcal (10.09%), Fat: 11.1g (17.1%), Saturated Fat: 4.25g (26.57%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 7.82g (2.84%), Sugar: 4.19g (4.65%), Cholesterol: 40.97mg (13.66%), Sodium: 634.51mg (27.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.5%), Vitamin K: 109.22µg (104.02%), Vitamin A: 4805.96IU (96.12%), Vitamin B3: 4.69mg (23.43%), Vitamin B12: 1.35µg (22.58%), Zinc: 3mg (20.02%), Manganese: 0.39mg (19.55%), Vitamin B6: 0.38mg (18.91%), Selenium: 12.99µg (18.55%), Phosphorus: 179.58mg (17.96%), Potassium: 591.94mg (16.91%), Folate: 65.32µg (16.33%), Iron: 2.9mg (16.11%), Vitamin C: 13.03mg (15.8%), Vitamin B2: 0.23mg (13.6%), Magnesium: 46.98mg (11.74%), Calcium: 115.98mg (11.6%), Vitamin E: 1.56mg (10.37%), Copper: 0.19mg (9.4%), Fiber: 2.34g (9.36%), Vitamin B1: 0.12mg (8.24%), Vitamin B5: 0.61mg (6.05%)