



WHATSheATE



Meatball-Tortellini Soup

🤍 Popular

READY IN



35 min.

SERVINGS



4

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces baby spinach loosely packed
- ☐ 2 carrots diced
- ☐ 2 stalks celery diced
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 clove garlic grated
- ☐ 8 ounces ground beef chuck
- ☐ 4 servings kosher salt and pepper freshly ground

- ☐ 1 quart chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese grated plus more for topping
- ☐ 9 ounce cheese tortellini refrigerated

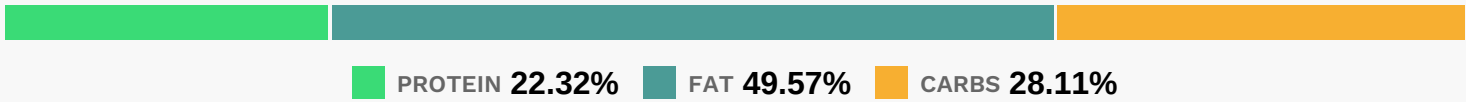
Equipment

- ☐ bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Combine the beef, parmesan, 2 tablespoons parsley, the egg, garlic, 1/2 teaspoon salt, and pepper to taste in a medium bowl; mix with your hands until just combined. Form into 1-inch meatballs; set aside.
- ☐ Heat the olive oil in a pot or Dutch oven over medium-high heat.
- ☐ Add the meatballs and cook, turning, until golden, 3 to 4 minutes; remove to a plate.
- ☐ Add the carrots and celery to the pot; cook, stirring, until just softened, about 5 minutes.
- ☐ Add the broth and 3 cups water; bring to a boil. Return the meatballs to the pot along with the remaining 2 tablespoons parsley and 1/2 teaspoon salt. Simmer until the meatballs are just cooked through, about 2 minutes.
- ☐ Add the tortellini and cook until they float to the top, about 4 minutes.
- ☐ Add the spinach and cook, stirring, until wilted, 1 minute. Season with salt and pepper. Top with more parmesan.
- ☐ Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:55.71, Glycemic Load:13.89, Inflammation Score:-10, Nutrition Score:23.619565113731%

Flavonoids

Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 508.98kcal (25.45%), Fat: 28.34g (43.61%), Saturated Fat: 8.92g (55.77%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 31.96g (11.62%), Sugar: 3.99g (4.43%), Cholesterol: 116.43mg (38.81%), Sodium: 762.92mg (33.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.71g (57.43%), Vitamin K: 179.47µg (170.93%), Vitamin A: 7616.41IU (152.33%), Vitamin B3: 6.22mg (31.12%), Vitamin B12: 1.65µg (27.43%), Phosphorus: 254.15mg (25.42%), Iron: 4.46mg (24.8%), Zinc: 3.3mg (22%), Calcium: 218.01mg (21.8%), Selenium: 14.96µg (21.38%), Potassium: 677.44mg (19.36%), Vitamin B2: 0.31mg (18.08%), Folate: 70.18µg (17.55%), Vitamin B6: 0.34mg (17.21%), Fiber: 4.21g (16.82%), Vitamin C: 13.62mg (16.5%), Manganese: 0.29mg (14.42%), Vitamin E: 2.12mg (14.13%), Copper: 0.22mg (11.15%), Magnesium: 40.42mg (10.1%), Vitamin B5: 0.66mg (6.62%), Vitamin B1: 0.08mg (5.11%), Vitamin D: 0.34µg (2.25%)