



Meatball Vegetable Soup

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons parsley dried
- 1 eggs
- 1 bag savory vegetable mixed frozen
- 0.5 teaspoon garlic powder
- 1 pound ground beef
- 64 oz pepperoncini pepper juice low sodium (Original or spicy)
- 1 medium head kale chopped
- 1 small onion diced

- 0.5 teaspoon onion powder
- 0.5 cup panko bread crumbs
- 0.5 pound soup noodles
- 1 teaspoon pepper
- 0.5 teaspoon salt
- 6 servings salt and pepper to taste
- 2 cups vegetable stock

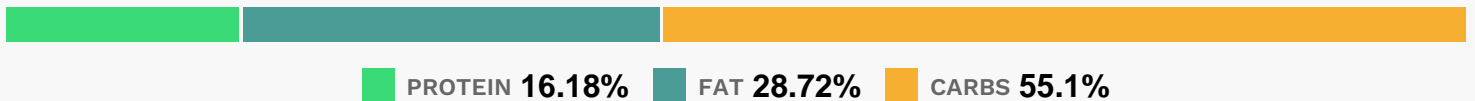
Equipment

- sauce pan
- oven
- slow cooker

Directions

- In a small sauce pan spray with non-stick cooking spray, add onions and cook until softened.
- Add juice, vegetables, onions, kale and stock to slow cooker for 4–6 hours, add meatballs and cooked pasta, salt and pepper, cook additional 15–20 minutes. mix all ingredients, roll into small balls and bake for 20–30 minutes or until golden

Nutrition Facts



Properties

Glycemic Index:44.79, Glycemic Load:27.8, Inflammation Score:-10, Nutrition Score:28.119999781899%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg Epicatechin: 14.24mg, Epicatechin: 14.24mg, Epicatechin: 14.24mg, Epicatechin: 14.24mg Apigenin: 30.02mg, Apigenin: 30.02mg, Apigenin: 30.02mg, Apigenin: 30.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 7.91mg, Isorhamnetin: 7.91mg, Isorhamnetin: 7.91mg, Isorhamnetin: 7.91mg Kaempferol: 10.22mg, Kaempferol: 10.22mg, Kaempferol: 10.22mg, Kaempferol: 10.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

Nutrients (% of daily need)

Calories: 552.13kcal (27.61%), Fat: 17.68g (27.2%), Saturated Fat: 6.37g (39.79%), Carbohydrates: 76.31g (25.44%), Net Carbohydrates: 70.99g (25.81%), Sugar: 31.84g (35.38%), Cholesterol: 80.96mg (26.99%), Sodium: 850.41mg (36.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.41g (44.81%), Vitamin A: 4784.08IU (95.68%), Vitamin K: 95.91µg (91.35%), Selenium: 39.68µg (56.69%), Manganese: 1.01mg (50.62%), Vitamin C: 29.6mg (35.88%), Zinc: 4.29mg (28.62%), Vitamin B12: 1.7µg (28.34%), Phosphorus: 282.96mg (28.3%), Vitamin B3: 5.33mg (26.64%), Potassium: 833.2mg (23.81%), Vitamin B6: 0.47mg (23.71%), Vitamin B2: 0.38mg (22.06%), Fiber: 5.32g (21.29%), Iron: 3.71mg (20.63%), Magnesium: 74.3mg (18.57%), Vitamin B1: 0.27mg (18.15%), Copper: 0.28mg (14.09%), Calcium: 138.66mg (13.87%), Folate: 51.7µg (12.93%), Vitamin B5: 0.96mg (9.56%), Vitamin E: 0.67mg (4.49%), Vitamin D: 0.22µg (1.48%)