



Meatball Vegetable Soup



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots diced
- ☐ 2 stalks celery diced
- ☐ 0.5 cup rice white cold cooked
- ☐ 1 large eggs beaten to blend
- ☐ 1.3 teaspoons ground cumin
- ☐ 1 pound pd of ground turkey
- ☐ 0.3 teaspoon kosher salt
- ☐ 5 cups chicken broth reduced-sodium

- ☐ 2 tbsp oregano fresh divided chopped
- ☐ 0.3 teaspoon pepper

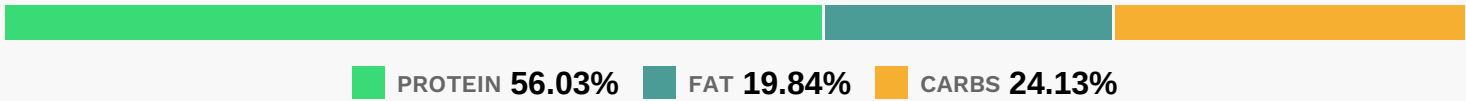
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat broth, carrots, and celery in a medium pot, covered, over high heat until boiling. Meanwhile, make meatballs.
- ☐ Combine egg, cumin, 2 tsp. oregano, and the salt and pepper in a bowl. Stir in turkey and rice to blend well. Shape meat into 1 1/2-in. balls and set on a tray.
- ☐ Lower meatballs into soup with a spoon. Bring to a simmer; reduce heat and cook, covered, until carrots are very tender, 8 to 10 minutes. Stir in remaining oregano.

Nutrition Facts



Properties

Glycemic Index:57.46, Glycemic Load:7.27, Inflammation Score:-10, Nutrition Score:23.891739254412%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 244.6kcal (12.23%), Fat: 5.6g (8.61%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 12.75g (4.64%), Sugar: 2.53g (2.81%), Cholesterol: 108.87mg (36.29%), Sodium: 352.16mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.56g (71.11%), Vitamin A: 6250.96IU (125.02%), Vitamin B3: 15.7mg (78.51%), Vitamin B6: 1.13mg (56.73%), Selenium: 30.65µg (43.78%), Phosphorus: 403.57mg (40.36%), Vitamin K: 26.43µg (25.17%), Potassium: 823.95mg (23.54%), Vitamin B2: 0.31mg (18.53%), Zinc: 2.76mg (18.4%), Iron: 3.25mg (18.04%), Manganese: 0.34mg (16.88%), Vitamin B12: 0.98µg (16.41%), Vitamin B5: 1.44mg (14.39%), Copper: 0.29mg (14.25%), Magnesium: 55.48mg (13.87%), Fiber: 2.57g (10.27%), Calcium: 90.44mg (9.04%), Folate:

35.59µg (8.9%), Vitamin B1: 0.12mg (7.71%), Vitamin E: 0.99mg (6.59%), Vitamin D: 0.7µg (4.69%), Vitamin C: 2.85mg (3.45%)