



WHATSheATE



HEALTH SCORE

69%

Minestra with Beef and Pork Polpette



Very Healthy

READY IN



100 min.

SERVINGS



4

CALORIES



1153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings pepper black freshly ground



3 slices peasant bread white trimmed



15 ounce ounces cannellini beans canned



6 cups chicken stock see



0.5 loaf ciabatta bread for serving



1 egg yolk



2 heads endive chopped



1 handful flat-leaf parsley fresh finely chopped

- ☐ 4 servings bay leaf fresh
- ☐ 4 cloves garlic peeled thinly sliced
- ☐ 8 ounces ground beef
- ☐ 1 teaspoon fennel powder
- ☐ 8 ounces ground pork
- ☐ 4 servings milk
- ☐ 4 servings nutmeg freshly grated
- ☐ 2 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 2 medium onion chopped
- ☐ 4 ounces pancetta a couple of
- ☐ 1 handful parmigiano-reggiano generous grated plus more for topping
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 1 teaspoon paprika smoked
- ☐ 1 starchy potato diced peeled
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ dutch oven

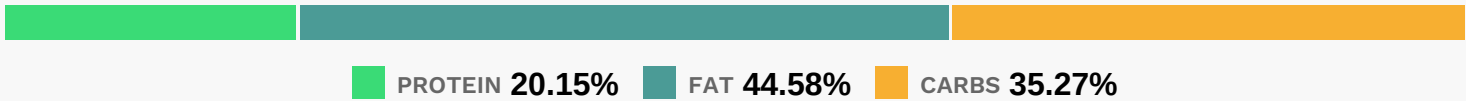
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat extra-virgin olive oil, 2 turns of the pan, in a large pot or Dutch oven over medium-high heat.
- ☐ Add the pancetta and render a couple of minutes, then add the onions and sliced garlic and potato – if you prefer pasta, add later when you reheat the soup. Season the onions, garlic,

and potatoes with salt and pepper and add a bay leaf. Cook to soften, and then add the escarole to the pot and season with salt, pepper, and nutmeg, cover to wilt. Stir in the cannellini beans and stock plus 2 cups water. Bring to a boil, and then reduce heat to a rolling simmer.

- ☐ Meanwhile, douse bread with milk to soften.
- ☐ Place ground meats in bowl. Season the meat with salt and pepper, fennel, paprika, crushed red pepper, cheese, and parsley.
- ☐ Add the yolk to the bowl, squeeze the milk out of the bread and crumble to add to the meat.
- ☐ Drizzle with extra-virgin olive oil and roll meat into walnut-size balls, then add to soup and poach until cooked through.
- ☐ Place in a covered pot and bring to a boil, add the pasta to cook to al dente if you prefer the pasta to potato.
- ☐ Serve soup in shallow bowls with shredded cheese on top and an extra drizzle of extra-virgin olive oil. Crust up some bread in hot oven while soup reheats for mopping.

Nutrition Facts



Properties

Glycemic Index:114.85, Glycemic Load:19.36, Inflammation Score:-10, Nutrition Score:59.022174088851%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 23.11mg, Kaempferol: 23.11mg, Kaempferol: 23.11mg, Kaempferol: 23.11mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

Nutrients (% of daily need)

Calories: 1153.17kcal (57.66%), Fat: 57.93g (89.12%), Saturated Fat: 20.8g (129.99%), Carbohydrates: 103.12g (34.37%), Net Carbohydrates: 86.61g (31.5%), Sugar: 22.58g (25.08%), Cholesterol: 188.64mg (62.88%), Sodium: 1545.66mg (67.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.92g (117.84%), Vitamin K: 546.22µg (520.21%), Manganese: 3.52mg (176.11%), Vitamin A: 5909.33IU (118.19%), Folate: 391.98µg (97.99%), Vitamin B1: 1.14mg (76.03%), Phosphorus: 744.11mg (74.41%), Vitamin B3: 14.85mg (74.26%), Selenium: 50.89µg (72.71%), Vitamin B2: 1.18mg (69.54%), Fiber: 16.5g (66%), Potassium: 2220.42mg (63.44%), Vitamin B6: 1.26mg (62.92%), Calcium: 597.52mg (59.75%), Zinc: 8.01mg (53.4%), Vitamin B12: 3.16µg (52.67%), Iron: 9.03mg (50.15%), Vitamin

B5: 4.33mg (43.32%), Magnesium: 138.96mg (34.74%), Copper: 0.67mg (33.58%), Vitamin C: 25.79mg (31.26%),
Vitamin E: 3.1mg (20.68%), Vitamin D: 3.1µg (20.66%)