



Mini Meatball Minestra and Grilled Provolone

READY IN



25 min.

SERVINGS



6

CALORIES



871 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 2 handfuls bread crumbs
- ☐ 15 ounce .5 can cannellini beans drained canned
- ☐ 2 quarts chicken stock see
- ☐ 1 cup ditalini pasta mini
- ☐ 1 large eggs
- ☐ 2 heads endive chopped
- ☐ 1 teaspoon fennel seeds
- ☐ 3 cloves garlic grated finely chopped

- ☐ 1 pound ground beef
- ☐ 1 lemon zest for garnish
- ☐ 6 servings splash milk
- ☐ 6 servings nutmeg freshly grated to taste
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 0.3 pound pancetta diced
- ☐ 1 handful parmigiano-reggiano grated
- ☐ 1 handful parsley leaves fresh finely chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 cups water

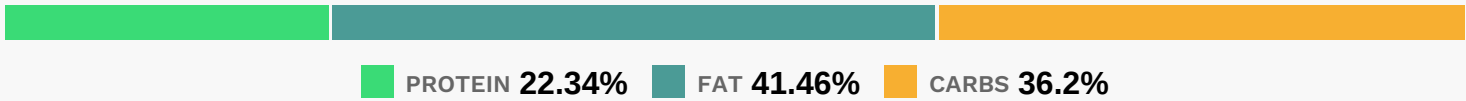
Equipment

- ☐ pot

Directions

- ☐ In a heavy bottomed soup pot heat olive oil over medium to medium-high heat.
- ☐ Add pancetta and cook until crisp, 2 to 3 minutes.
- ☐ Add onions and 2 cloves of garlic and saute 4 to 5 minutes then add the escarole and wilt. Season with salt, pepper and nutmeg. Stir in beans, add stock and water and bring to boil.
- ☐ While stock comes to a boil, combine meat, egg, bread crumbs, milk, a handful of cheese, fennel, allspice, parsley, salt and pepper.
- ☐ Combine and roll into 1-inch balls, and add to the soup. Cook 2 minutes then add in pasta and cook 6 minutes more. Turn off the heat, garnish with lemon zest and serve with cheese passed at the table.

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:9.05, Inflammation Score:-10, Nutrition Score:44.045217679894%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 15.28mg, Kaempferol: 15.28mg, Kaempferol: 15.28mg, Kaempferol: 15.28mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 871.34kcal (43.57%), Fat: 40.98g (63.05%), Saturated Fat: 14.05g (87.84%), Carbohydrates: 80.51g (26.84%), Net Carbohydrates: 69.67g (25.33%), Sugar: 20.61g (22.9%), Cholesterol: 135.25mg (45.08%), Sodium: 914.58mg (39.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.68g (99.35%), Vitamin K: 366.57µg (349.12%), Manganese: 1.58mg (78.93%), Folate: 309.34µg (77.33%), Vitamin A: 3769.64IU (75.39%), Selenium: 41.99µg (59.99%), Phosphorus: 579.95mg (57.99%), Vitamin B2: 0.9mg (52.8%), Calcium: 507.75mg (50.77%), Potassium: 1690.65mg (48.3%), Vitamin B1: 0.71mg (47.4%), Fiber: 10.84g (43.36%), Vitamin B3: 8.45mg (42.27%), Iron: 7.28mg (40.43%), Copper: 0.69mg (34.27%), Magnesium: 135.68mg (33.92%), Zinc: 4.54mg (30.27%), Vitamin B6: 0.6mg (29.94%), Vitamin B5: 2.88mg (28.83%), Vitamin B12: 1.55µg (25.85%), Vitamin D: 2.93µg (19.51%), Vitamin E: 2.67mg (17.82%), Vitamin C: 14.58mg (17.67%)