



Mini Meatball Minestrone

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
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- ☐ 15 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- ☐ 0.8 cup carrots sliced ()
- ☐ 0.8 cup celery sliced ()
- ☐ 3 tablespoons breadcrumbs dry
- ☐ 1 cup wine dry red

- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 garlic minced
- ☐ 1 pound pd of ground turkey
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 teaspoon kosher salt
- ☐ 32 ounce beef broth
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion diced
- ☐ 0.8 cup parsnips cubed ()
- ☐ 3 cups swiss chard chopped

Equipment

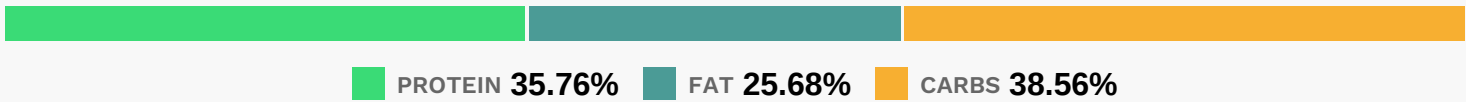
- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ To prepare soup, heat a large Dutch oven over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion and next 4 ingredients (through garlic); saut 6 minutes or until vegetables are tender.
- ☐ Add chard; saut 1 minute or until wilted. Stir in wine and next 4 ingredients (through tomatoes). Bring to a boil; reduce heat and simmer 10 minutes.
- ☐ To prepare meatballs, combine turkey and next 6 ingredients (through egg) in a bowl. Shape meat mixture by tablespoonfuls into 30 meatballs.
- ☐ Add meatballs and chickpeas to soup. Bring to a boil over medium-high heat. Cover and cook 12 minutes or until meatballs are done.

- ☐
- Remove from heat; stir in 1/4 cup basil.
- ☐
- Ladle soup into bowls, and sprinkle evenly with Parmesan cheese, if desired.
- ☐
- Tip: If your family loves this recipe as much as ours does, make a double batch on the weekend, and use it all week long.
- ☐
- Kids Can Help: With clean hands, kids can help make the meatballs.

Nutrition Facts



Properties

Glycemic Index:62.77, Glycemic Load:5.3, Inflammation Score:0, Nutrition Score:23.177391301031%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg

Nutrients (% of daily need)

Calories: 249.54kcal (12.48%), Fat: 6.75g (10.38%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 17.22g (6.26%), Sugar: 5.67g (6.3%), Cholesterol: 54.43mg (18.14%), Sodium: 681.82mg (29.64%), Alcohol: 3.15g (100%), Alcohol %: 0.98% (100%), Protein: 21.14g (42.28%), Vitamin K: 129.04µg (122.9%), Vitamin A: 3094.25IU (61.89%), Vitamin B6: 0.94mg (46.87%), Manganese: 0.82mg (41.12%), Vitamin B3: 6.81mg (34.04%), Selenium: 17.48µg (24.98%), Potassium: 865.82mg (24.74%), Phosphorus: 241.47mg (24.15%), Fiber: 5.57g (22.29%), Vitamin C: 15.33mg (18.58%), Magnesium: 65.73mg (16.43%), Copper: 0.3mg (14.76%), Iron: 2.59mg (14.41%), Folate: 55.73µg (13.93%), Zinc: 1.89mg (12.6%), Vitamin E: 1.82mg (12.13%), Vitamin B1: 0.18mg (11.77%), Vitamin B5: 1.13mg (11.31%), Vitamin B2: 0.18mg (10.68%), Calcium: 80.82mg (8.08%), Vitamin B12: 0.36µg (5.97%), Vitamin D: 0.35µg (2.35%)