



Mini Meatball Minestrone

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15 ounce chickpeas 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 cooking wine dry red
- ☐ 1 large eggs lightly beaten

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

Equipment

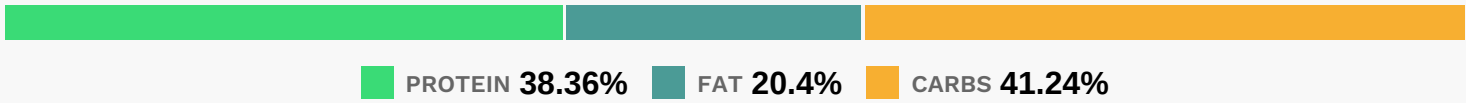
- ☐ bowl
- ☐ ladle
- ☐ dutch oven

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:58.77, Glycemic Load:5.28, Inflammation Score:-9, Nutrition Score:23.042173675869%

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: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg 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: 233.75kcal (11.69%), Fat: 4.99g (7.68%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 17.17g (6.24%), Sugar: 5.67g (6.3%), Cholesterol: 54.43mg (18.14%), Sodium: 609.09mg (26.48%), Alcohol: 3.15g (100%), Alcohol %: 0.98% (100%), Protein: 21.13g (42.25%), Vitamin K: 127.78µg (121.7%), Vitamin A: 3093.57IU (61.87%), Vitamin B6: 0.94mg (46.85%), Manganese: 0.81mg (40.32%), Vitamin B3: 6.81mg (34.03%), Selenium: 17.48µg (24.97%), Potassium: 864.12mg (24.69%), Phosphorus: 241.28mg (24.13%), Fiber: 5.54g (22.17%), Vitamin C: 15.33mg (18.58%), Magnesium: 65.51mg (16.38%), Copper: 0.29mg (14.68%), Iron: 2.57mg (14.29%), Folate: 55.71µg (13.93%), Zinc: 1.89mg (12.59%), Vitamin B1: 0.18mg (11.76%), Vitamin B5: 1.13mg (11.29%), Vitamin B2: 0.18mg (10.66%), Vitamin E: 1.57mg (10.44%), Calcium: 80.2mg (8.02%), Vitamin B12: 0.36µg (5.97%), Vitamin D: 0.35µg (2.35%)