



## Mini Sausage Meatball Minestra

READY IN



55 min.

SERVINGS



4

CALORIES



1214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 pounds bulk sausage sweet italian
- 15 ounce .5 can cannellini beans drained canned
- 2 quarts chicken stock see
- 4 servings top
- 2 large heads endive washed trimmed chopped
- 3 to 4 garlic cloves chopped
- 4 servings nutmeg freshly grated
- 3 tablespoons olive oil extra-virgin
- 1 onion chopped

- 4 servings pecorino cheese grated
- 4 servings salt and pepper black freshly ground
- 2 cups short cut pasta such as mini penne or ditalini

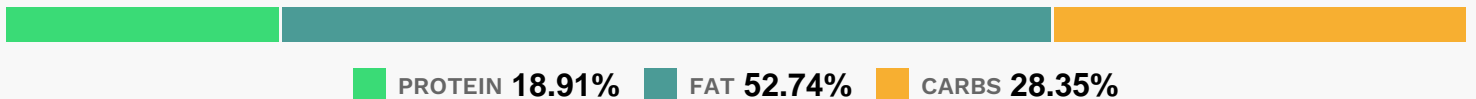
## Equipment

- bowl
- frying pan
- ladle
- pot

## Directions

- Heat 1 tablespoon of the extra-virgin olive oil in a large skillet over medium-low heat.
- Roll the sausage into walnut-sized meatballs. Drop them into the skillet and brown on all sides, then remove them to a plate.
- Heat the remaining 2 tablespoons extra-virgin olive oil in a large pot over medium heat.
- Saute the onion and garlic for 5 minutes, then add the escarole and season with salt, pepper, and nutmeg, to taste. Cook until the escarole has wilted.
- Add the beans and cook until heated through. Stir in the stock and bring to a boil, then add the pasta and cook to al dente.
- Return the meatballs back to the pot for the last 4 minutes of cooking. Adjust the seasonings and ladle into serving bowls. Heavily sprinkle each serving with cheese and serve with crusty bread for mopping.

## Nutrition Facts



## Properties

Glycemic Index:92.63, Glycemic Load:7.55, Inflammation Score:-7, Nutrition Score:37.880434803341%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

## **Nutrients (% of daily need)**

Calories: 1213.59kcal (60.68%), Fat: 70.56g (108.56%), Saturated Fat: 24.84g (155.27%), Carbohydrates: 85.35g (28.45%), Net Carbohydrates: 77.58g (28.21%), Sugar: 11.21g (12.46%), Cholesterol: 153.12mg (51.04%), Sodium: 2089.45mg (90.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.91g (113.83%), Selenium: 85.58µg (122.25%), Vitamin B1: 1.16mg (77.52%), Phosphorus: 770.03mg (77%), Vitamin B3: 13.24mg (66.22%), Manganese: 1.27mg (63.42%), Vitamin B2: 0.84mg (49.3%), Vitamin B6: 0.96mg (47.96%), Calcium: 462.95mg (46.29%), Potassium: 1541.33mg (44.04%), Copper: 0.82mg (40.88%), Zinc: 6.04mg (40.24%), Iron: 7.03mg (39.04%), Magnesium: 140.65mg (35.16%), Fiber: 7.78g (31.11%), Folate: 124.42µg (31.11%), Vitamin B12: 1.63µg (27.1%), Vitamin E: 2.63mg (17.55%), Vitamin B5: 1.33mg (13.3%), Vitamin K: 12.54µg (11.94%), Vitamin C: 6.61mg (8.01%), Vitamin A: 152.87IU (3.06%)