



Party Italian Wedding Soup

 Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 48 fluid ounce chicken broth canned
- ☐ 1 cup bread crumbs dry
- ☐ 1 eggs
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 pound ground beef
- ☐ 2 onions chopped

- ☐ 3 ounces soup noodles dry
- ☐ 12 servings salt and pepper to taste
- ☐ 1 pound chicken breast halves boneless skinless cut into chunks

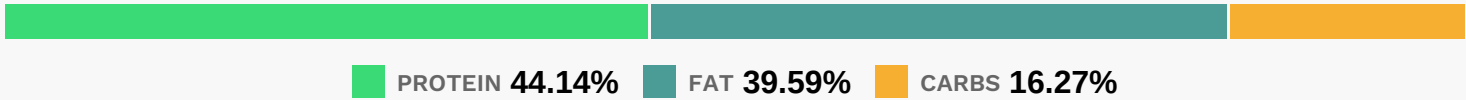
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot over medium heat, combine the chicken broth, spinach, onions, carrots and celery.
- ☐ Mix well and allow to simmer.
- ☐ In a separate large bowl, combine the ground beef, bread crumbs and egg and mix well. Form mixture into 1/2 inch diameter meatballs and carefully drop them into the soup.
- ☐ Put chunks of chicken breast into the soup and reduce heat to low. Allow the soup to simmer for 1 hour.
- ☐ Add the pasta 30 minutes before serving and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:12.32, Glycemic Load:3.21, Inflammation Score:-10, Nutrition Score:27.583913025649%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 448.87kcal (22.44%), Fat: 19.27g (29.64%), Saturated Fat: 6.05g (37.79%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 15.48g (5.63%), Sugar: 2.79g (3.1%), Cholesterol: 123.81mg (41.27%), Sodium: 942.85mg (40.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.33g (96.66%), Vitamin A: 6604.96IU (132.1%), Vitamin K: 96.81µg (92.2%), Selenium: 48.96µg (69.94%), Vitamin B3: 9.47mg (47.36%), Phosphorus: 381.53mg (38.15%), Vitamin B6: 0.75mg (37.71%), Vitamin B12: 2.13µg (35.52%), Zinc: 5.26mg (35.05%), Vitamin B2: 0.34mg (20.2%), Iron: 3.57mg (19.81%), Manganese: 0.39mg (19.3%), Potassium: 655.54mg (18.73%), Magnesium: 69.64mg (17.41%), Folate: 63.34µg (15.84%), Vitamin B1: 0.18mg (12.1%), Vitamin E: 1.51mg (10.04%), Vitamin B5: 0.98mg (9.84%), Copper: 0.19mg (9.59%), Fiber: 2.33g (9.33%), Calcium: 89.78mg (8.98%), Vitamin C: 4.57mg (5.55%), Vitamin D: 0.27µg (1.78%)