



Polpette and Orzo in Broth

READY IN



45 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 cup carrots shredded
- 2 cups orzo pasta hot rice-shaped cooked uncooked (1 cup pasta)
- 48 ounce fat-skimmed beef broth fat-free canned
- 0.3 cup parsley fresh chopped
- 0.3 cup parsley fresh chopped
- 1 pound ground sirloin
- 1 ounce bread crumbs italian
- 0.5 cup milk 1% low-fat

- 0.5 cup onion fresh minced
- 2 ounces parmesan fresh divided grated
- 0.3 teaspoon salt

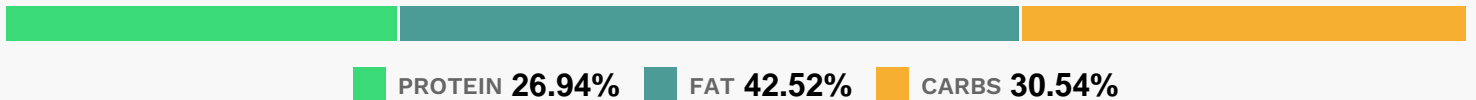
Equipment

- bowl
- dutch oven

Directions

- Bring broth to a simmer in a Dutch oven (do not boil). Keep warm over low heat.
- Soak the bread in milk for 5 minutes, and squeeze moisture from the bread.
- Combine the bread, beef, minced onion, 1/4 cup cheese, 1/4 cup parsley, salt, and pepper in a bowl. Shape mixture into 24 (1 1/2-inch) meatballs.
- Add meatballs and carrot to broth, and bring to a boil. Reduce heat, and simmer 8 minutes. Stir in orzo, and cook 2 minutes.
- Sprinkle with 1/4 cup cheese and 1/4 cup plus 2 tablespoons parsley.

Nutrition Facts



Properties

Glycemic Index:40.89, Glycemic Load:9.88, Inflammation Score:-10, Nutrition Score:22.126956379932%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 358.05kcal (17.9%), Fat: 16.71g (25.7%), Saturated Fat: 7.13g (44.59%), Carbohydrates: 27g (9%), Net Carbohydrates: 24.71g (8.98%), Sugar: 4.82g (5.36%), Cholesterol: 58.82mg (19.61%), Sodium: 1269.67mg (55.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.82g (47.64%), Vitamin K: 86.17µg (82.07%), Vitamin A:

4098.22IU (81.96%), Selenium: 36.03µg (51.47%), Vitamin B12: 2.33µg (38.79%), Phosphorus: 292.33mg (29.23%), Zinc: 4.23mg (28.22%), Vitamin B3: 5.58mg (27.91%), Vitamin B6: 0.39mg (19.72%), Iron: 3.28mg (18.24%), Calcium: 178.88mg (17.89%), Vitamin B2: 0.26mg (15.25%), Manganese: 0.3mg (15.11%), Potassium: 485.26mg (13.86%), Vitamin C: 8.9mg (10.78%), Magnesium: 40.96mg (10.24%), Vitamin B5: 0.97mg (9.67%), Fiber: 2.3g (9.19%), Copper: 0.18mg (9.14%), Folate: 29.4µg (7.35%), Vitamin B1: 0.11mg (7.08%), Vitamin E: 0.52mg (3.49%), Vitamin D: 0.34µg (2.26%)