



Polpette en Brodo

 Dairy Free

READY IN



38 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup carrots shredded
- 1 large egg white lightly beaten
- 28 ounce less-sodium chicken broth fat-free canned
- 0.5 cup parsley fresh divided chopped
- 1 cup green onions divided thinly sliced (5 large)
- 1 cup orzo pasta uncooked
- 0.1 teaspoon salt

- 2 turkey sausage links italian hot (such as Jennie-O)
- 2.5 cups water
- 0.5 slice bread white hearty firm (such as Pepperidge Farm)

Equipment

- food processor
- bowl
- sauce pan

Directions

- Bring broth and water to a boil in a large saucepan over high heat.
- While broth mixture comes to a boil, place bread in a food processor; pulse until crumbs form.
- Remove casings from sausage.
- Combine sausage, 1/2 cup breadcrumbs, egg white, 1/2 cup green onions, and 1/4 cup chopped parsley in a medium bowl. Pat sausage mixture into a 6 x 4-inch rectangle; cut into 24 (1-inch) cubes.
- Roll sausage mixture into balls.
- Add sausage balls, carrot, orzo, pepper, and salt to broth mixture. Reduce heat to medium-high, and simmer 10 minutes or until sausage is done and orzo is tender. Stir in remaining 1/2 cup green onions and remaining 1/4 cup parsley.

Nutrition Facts

 PROTEIN 17.7%  **FAT 6.12%**  **CARBS 76.18%**

Properties

Glycemic Index:43.27, Glycemic Load:9.23, Inflammation Score:-10, Nutrition Score:14.708695784859%

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 Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 123.35kcal (6.17%), Fat: 0.84g (1.3%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 21.53g (7.83%), Sugar: 2.47g (2.74%), Cholesterol: 0.18mg (0.06%), Sodium: 638.36mg (27.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin K: 119.62µg (113.92%), Vitamin A: 4152.73IU (83.05%), Selenium: 20.5µg (29.29%), Manganese: 0.34mg (17.18%), Vitamin C: 11.14mg (13.51%), Fiber: 2.09g (8.36%), Phosphorus: 82.4mg (8.24%), Vitamin B3: 1.64mg (8.23%), Folate: 30.73µg (7.68%), Copper: 0.15mg (7.53%), Potassium: 251.69mg (7.19%), Iron: 1.25mg (6.97%), Magnesium: 25.49mg (6.37%), Vitamin B2: 0.1mg (6.08%), Vitamin B6: 0.1mg (5.1%), Vitamin B1: 0.07mg (4.7%), Vitamin B12: 0.27µg (4.52%), Calcium: 45.06mg (4.51%), Zinc: 0.59mg (3.92%), Vitamin B5: 0.38mg (3.84%), Vitamin E: 0.3mg (2.03%)