



Root Vegetable Soup with Meatballs

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 tsp pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon chives minced plus more for garnish
- ☐ 1 tablespoon flat parsley minced
- ☐ 0.5 pound ground pork
- ☐ 5 cups chicken broth reduced-sodium
- ☐ 1 medium onion chopped
- ☐ 1.5 lbs parsnips peeled chopped

- ☐ 3 tablespoons pecorino cheese finely grated
- ☐ 2 teaspoons salt divided
- ☐ 1 lb turnip peeled chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Melt butter in a medium pot over medium-high heat.
- ☐ Add onion and 1/2 tsp. salt. Cook, stirring, until soft, about 2 minutes.
- ☐ Add turnips, parsnips, broth, and 1 cup water. Bring to a boil, then reduce heat to medium-low and simmer until vegetables are tender, 10 to 15 minutes.
- ☐ Meanwhile, combine pork, 1 tbsp. chives, parsley, cheese, 1/2 tsp. salt, and 1/4 tsp. pepper in a small bowl.
- ☐ Mix gently to combine. Form into 36 balls, about 1 tsp. each, and set aside.
- ☐ Whirl soup in a blender until smooth (in batches if necessary). Return to pot and keep warm over low heat.
- ☐ In a wide, shallow pan, bring at least 2 in. of water to a boil and add remaining 1 tsp. salt.
- ☐ Add meatballs and cook until they float to the surface and are cooked through (test one to be sure), about 4 minutes.
- ☐ Transfer to a warm plate with a slotted spoon.
- ☐ Divide soup among 6 bowls. Top each bowl with 6 meatballs and sprinkle with additional chives and pepper.
- ☐ Serve hot.

Nutrition Facts



 PROTEIN **17.99%**  FAT **42.46%**  CARBS **39.55%**

Properties

Glycemic Index:56.33, Glycemic Load:10.7, Inflammation Score:-6, Nutrition Score:18.710434875411%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 288.16kcal (14.41%), Fat: 14.09g (21.68%), Saturated Fat: 6.23g (38.93%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 22.26g (8.09%), Sugar: 9.39g (10.43%), Cholesterol: 39.85mg (13.28%), Sodium: 978.46mg (42.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.87%), Vitamin C: 37.95mg (46%), Manganese: 0.78mg (38.99%), Vitamin K: 38.18µg (36.36%), Fiber: 7.28g (29.14%), Vitamin B1: 0.42mg (27.98%), Vitamin B3: 5.47mg (27.34%), Potassium: 883.73mg (25.25%), Phosphorus: 252.32mg (25.23%), Folate: 94.56µg (23.64%), Vitamin B6: 0.36mg (18.02%), Selenium: 12.38µg (17.69%), Copper: 0.33mg (16.45%), Vitamin B2: 0.24mg (14.37%), Magnesium: 54.01mg (13.5%), Zinc: 2.01mg (13.43%), Vitamin E: 1.84mg (12.25%), Vitamin B5: 1.13mg (11.28%), Calcium: 110.83mg (11.08%), Iron: 1.76mg (9.8%), Vitamin B12: 0.5µg (8.29%), Vitamin A: 208.39IU (4.17%)