



Sicilian Meatball Soup

READY IN



45 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots cut into 1/4-inch dice
- 2 ribs celery cut into 1/4-inch dice
- 1.5 quarts chicken broth low-sodium homemade canned
- 2 tablespoons bread crumbs dry
- 1 eggs beaten
- 5 tablespoons parsley fresh chopped
- 0.5 teaspoon rosemary dried fresh chopped
- 5 cloves garlic minced
- 0.5 pound ground beef

- 0.5 teaspoon fresh-ground pepper black
- 2 tablespoons olive oil
- 1 onion chopped
- 0.3 cup parmesan grated plus more for serving
- 1 cup shells
- 2 tablespoons raisins
- 2.5 teaspoons salt
- 1 cup tomatoes in purée thick canned crushed
- 1 zucchini cut into 1/4-inch dice

Equipment

- bowl
- pot

Directions

- In a medium bowl, mix together the ground beef, 4 tablespoons of the parsley, the Parmesan, raisins, bread crumbs, egg, half of the garlic, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper until thoroughly combined. Shape the mixture into 24 meatballs.
- In a large pot, heat the oil over moderate heat.
- Add the carrots, onion, celery, and the remaining garlic and cook, stirring occasionally, until the vegetables start to soften, about 5 minutes.
- Add the zucchini and cook, stirring occasionally, for 5 minutes. Stir in the broth, tomatoes, rosemary, and the remaining 2 teaspoons salt. Bring to a boil. Reduce the heat and simmer, partially covered, for 10 minutes.
- Add the remaining tablespoon parsley, 1/4 teaspoon pepper, and the pasta to the soup. Simmer for 5 minutes. Stir in the meatballs and simmer gently until the meatballs and pasta are done, about 5 minutes longer.
- Serve with additional Parmesan.
- Wine Recommendation: This robust potion calls for a similarly rustic southern red. Look for Corvo, a smooth and satisfying wine from the well-known firm Duca di Salaparuta.

Nutrition Facts

PROTEIN 21.24% FAT 42.62% CARBS 36.14%

Properties

Glycemic Index:95.16, Glycemic Load:14.17, Inflammation Score:-10, Nutrition Score:31.006086753762%

Flavonoids

Apigenin: 11.35mg, Apigenin: 11.35mg, Apigenin: 11.35mg, Apigenin: 11.35mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 499.63kcal (24.98%), Fat: 24.34g (37.45%), Saturated Fat: 7.57g (47.33%), Carbohydrates: 46.43g (15.48%), Net Carbohydrates: 41.31g (15.02%), Sugar: 8.38g (9.31%), Cholesterol: 85.43mg (28.48%), Sodium: 1879.38mg (81.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.29g (54.58%), Vitamin A: 5945.24IU (118.9%), Vitamin K: 103.51µg (98.58%), Vitamin B3: 9.57mg (47.87%), Selenium: 31.66µg (45.22%), Phosphorus: 392.8mg (39.28%), Manganese: 0.71mg (35.44%), Potassium: 1148.06mg (32.8%), Vitamin C: 27.02mg (32.75%), Vitamin B6: 0.61mg (30.55%), Vitamin B12: 1.76µg (29.31%), Zinc: 4.05mg (26.98%), Copper: 0.52mg (26.22%), Vitamin B2: 0.43mg (25.51%), Iron: 4.46mg (24.76%), Fiber: 5.12g (20.5%), Calcium: 189.67mg (18.97%), Magnesium: 68.35mg (17.09%), Vitamin E: 2.52mg (16.8%), Folate: 65.27µg (16.32%), Vitamin B1: 0.23mg (15.13%), Vitamin B5: 1.1mg (11.01%), Vitamin D: 0.31µg (2.05%)