



WHATSheATE



HEALTH SCORE

53%

Soup with Winter Greens and Meatballs: Zuppa con Polpettine

READY IN



185 min.

SERVINGS



8

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 1 pound bread stale cut into 3/4-inch cubes
- ☐ 1 cup bread crumbs fresh
- ☐ 3 carrots coarsely chopped
- ☐ 4 ribs celery coarsely chopped
- ☐ 3.5 pounds chicken wings
- ☐ 1 eggs
- ☐ 2 bunches endive

- ☐ 0.3 cup flour all-purpose
- ☐ 1 clove garlic sliced
- ☐ 1 pound very ground meat lean a combination of veal and pork
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 onions coarsely chopped
- ☐ 1 bunch parsley stems
- ☐ 1 bunch parsley finely chopped
- ☐ 0.3 cup pecorino freshly grated
- ☐ 8 servings salt and pepper
- ☐ 2 tablespoons tomato paste

Equipment

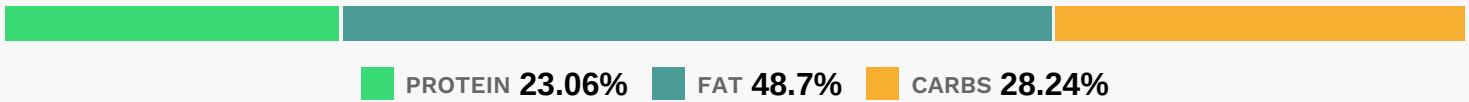
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ In a small bowl, combine ground meat, 1 egg, bread crumbs, grated cheese, parsley, garlic, a pinch of salt, and black pepper. Form into meatballs about the size of a walnut.
- ☐ Heat 2 tablespoons oil in a 12 to 14-inch saute pan over medium heat and brown the balls, working in batches.
- ☐ In a 2-quart saucepan, bring the chicken stock to a simmer over medium-low heat.
- ☐ Add the escarole and cook 7 to 10 minutes.
- ☐ Add the meatballs and simmer 10 minutes more, or until meatballs are cooked through.

- ☐ Place the flour in a shallow bowl. In a separate shallow bowl, beat the remaining 2 eggs.
- ☐ Roll the bread cubes in the flour, then in the beaten eggs.
- ☐ In a 10-inch saute pan, heat the remaining 1/2 cup oil over medium-high heat and fry the bread cubes until golden brown on all sides.
- ☐ Remove and drain on paper towels.
- ☐ Divide the hot stock, meatballs and bread cubes among 6 to 8 warmed soup bowls and serve, garnished with extra grated cheese, if desired.
- ☐ In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- ☐ Add all the chicken parts and brown all over, stirring to avoid burning.
- ☐ Remove the chicken and reserve.
- ☐ Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- ☐ Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to 1 week or freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:60.31, Glycemic Load:18.77, Inflammation Score:-10, Nutrition Score:43.703043466029%

Flavonoids

Apigenin: 31.29mg, Apigenin: 31.29mg, Apigenin: 31.29mg, Apigenin: 31.29mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 13.44mg, Kaempferol: 13.44mg, Kaempferol: 13.44mg, Kaempferol: 13.44mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 736.82kcal (36.84%), Fat: 39.85g (61.31%), Saturated Fat: 11.38g (71.16%), Carbohydrates: 52g (17.33%), Net Carbohydrates: 42.66g (15.51%), Sugar: 7.6g (8.45%), Cholesterol: 145.36mg (48.45%), Sodium: 836.08mg (36.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.47g (84.93%), Vitamin K: 549.96µg (523.77%), Vitamin A: 8172.08IU (163.44%), Manganese: 1.68mg (84.11%), Folate: 302.1µg (75.52%), Vitamin B3: 14.22mg (71.08%), Selenium: 49.4µg (70.57%), Phosphorus: 434.08mg (43.41%), Iron: 7.51mg (41.73%), Vitamin B1: 0.62mg (41.65%), Zinc: 6.1mg (40.69%), Vitamin C: 33.15mg (40.18%), Vitamin B6: 0.79mg (39.31%), Fiber: 9.34g (37.37%), Vitamin B2: 0.58mg (34.2%), Potassium: 1147.09mg (32.77%), Vitamin B5: 3.14mg (31.43%), Vitamin B12: 1.69µg (28.17%), Calcium: 275.38mg (27.54%), Magnesium: 98.85mg (24.71%), Copper: 0.42mg (20.81%), Vitamin E: 2.7mg (17.99%), Vitamin D: 0.29µg (1.93%)