



Spring Minestrone with Chicken Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach packed ()
- ☐ 0.5 cup breadcrumbs fresh
- ☐ 0.8 cup ditalini pasta
- ☐ 1 large eggs
- ☐ 4 servings basil fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 4 garlic clove minced thinly sliced
- ☐ 0.8 cup ground chicken
- ☐ 4 servings pepper freshly ground

- ☐ 1 leek white sliced into 1/4" rounds
- ☐ 5 cups chicken broth
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 6 tablespoons parmesan divided finely grated plus more for garnish

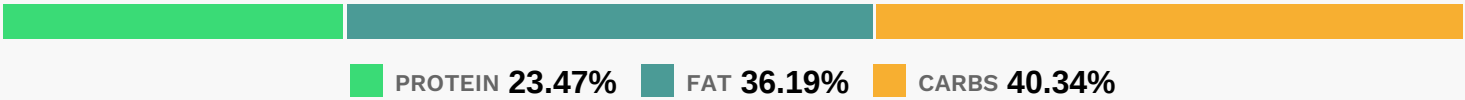
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Mix chicken, breadcrumbs, 3 tablespoons
- ☐ Parmesan, 2 minced garlic cloves, chives, egg, 3/4 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl. Form into 1/2"-diameter meatballs (makes about 28).
- ☐ Heat oil in a small pot over medium heat. Cook meatballs until golden all over, about 3 minutes (they will finish cooking in soup).
- ☐ Transfer to a plate; set aside.
- ☐ Add leek to pot and cook, stirring often, until beginning to soften, about 3 minutes.
- ☐ Add 2 thinly sliced garlic cloves; cook for 1 minute.
- ☐ Add broth and 2 cups water; bring to a boil. Stir in pasta and carrots; simmer until pasta is almost al dente, about 8 minutes.
- ☐ Add meatballs; simmer until pasta is al dente, carrots are tender, and meatballs are cooked through, about 3 minutes.
- ☐ Add spinach and remaining 3 tablespoons Parmesan; stir until spinach is wilted and Parmesan is melted. Season with salt and pepper.
- ☐ Ladle soup into bowls.
- ☐ Garnish with chopped basil and Parmesan.
- ☐ Per serving: 370 calories, 16 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:1.3, Inflammation Score:-8, Nutrition Score:20.639565421187%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 407.8kcal (20.39%), Fat: 16.64g (25.6%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 41.73g (13.91%), Net Carbohydrates: 39.39g (14.33%), Sugar: 3.13g (3.48%), Cholesterol: 87.88mg (29.29%), Sodium: 363.59mg (15.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.57%), Vitamin K: 64.03µg (60.98%), Selenium: 33.89µg (48.41%), Vitamin B3: 8.05mg (40.24%), Manganese: 0.69mg (34.52%), Phosphorus: 340.4mg (34.04%), Vitamin A: 1371.87IU (27.44%), Vitamin B6: 0.44mg (22.19%), Vitamin B2: 0.37mg (21.95%), Potassium: 700.44mg (20.01%), Copper: 0.37mg (18.58%), Iron: 3.16mg (17.58%), Calcium: 172.87mg (17.29%), Vitamin B1: 0.24mg (16%), Folate: 58.77µg (14.69%), Zinc: 2.05mg (13.66%), Magnesium: 54.1mg (13.52%), Vitamin B12: 0.78µg (13%), Vitamin E: 1.69mg (11.3%), Vitamin B5: 0.96mg (9.61%), Fiber: 2.34g (9.36%), Vitamin C: 6.95mg (8.42%), Vitamin D: 0.29µg (1.92%)