



The Soup with the Little Meatballs

READY IN



80 min.

SERVINGS



8

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pasta
- 2 quarts chicken broth
- 1 eggs
- 2 pounds ground beef
- 1 teaspoon seasoning italian
- 2 cups parmesan cheese grated

Equipment

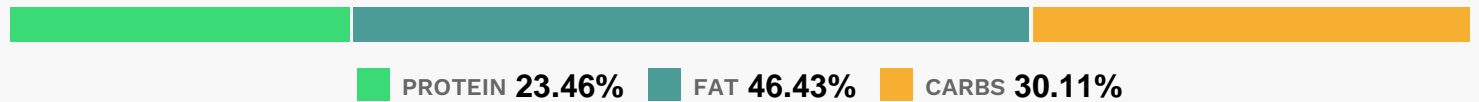
- bowl

pot

Directions

- In a large bowl, combine 1 cup cheese, Italian seasoning, egg and ground beef.
- Mix together well and form into small meatballs, no larger than 1 inch in diameter; set aside.
- In a large pot over medium high heat, combine the chicken broth and 2 cups cheese. Bring this to a boil and reduce heat to medium. Slowly add the meatballs, stirring gently so that they do not clump together into one uber-meatball. Cook for about 30 minutes, until beef is no longer pink and broth is slightly thickened.
- Add the pasta, again stirring gently so that they do not clump, and cook for about 30 more minutes, until pasta is tender and flavors are well blended. Season to taste and serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:15.19, Inflammation Score:-2, Nutrition Score:15.774782544002%

Nutrients (% of daily need)

Calories: 616.15kcal (30.81%), Fat: 31.73g (48.82%), Saturated Fat: 12.78g (79.89%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 44.22g (16.08%), Sugar: 3.05g (3.39%), Cholesterol: 127.45mg (42.48%), Sodium: 1399.09mg (60.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.07g (72.15%), Vitamin B12: 2.86µg (47.67%), Selenium: 28.41µg (40.58%), Zinc: 6.07mg (40.44%), Phosphorus: 358.39mg (35.84%), Vitamin B3: 5.35mg (26.73%), Calcium: 257.95mg (25.79%), Iron: 4.5mg (25.02%), Vitamin B2: 0.42mg (24.71%), Vitamin B6: 0.4mg (19.92%), Potassium: 405.5mg (11.59%), Fiber: 2.09g (8.36%), Magnesium: 31.73mg (7.93%), Manganese: 0.16mg (7.77%), Vitamin B5: 0.76mg (7.58%), Vitamin B1: 0.11mg (7.19%), Copper: 0.12mg (6.01%), Vitamin E: 0.79mg (5.27%), Vitamin A: 254.93IU (5.1%), Vitamin K: 4.04µg (3.84%), Folate: 12.62µg (3.15%), Vitamin D: 0.35µg (2.32%)