



Turkey Meatball Soup with Greens

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



291 kcal

SOUP

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup celery chopped
- ☐ 5 cups chicken stock see unsalted (such as Swanson)
- ☐ 0.5 cup quinoa cooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 6 garlic divided minced
- ☐ 1 pound pd of ground turkey
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 pound destemmed lacinato/dinosaur kale trimmed chopped
- ☐ 4 teaspoons olive oil extra-virgin divided
- ☐ 0.5 cup parmesan divided grated
- ☐ 0.5 cup shallots chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

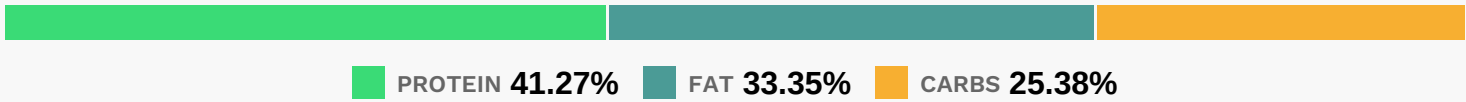
Directions

- ☐ Combine turkey, quinoa, 1/4 cup cheese, parsley, basil, 1/4 teaspoon salt, 1/4 teaspoon black pepper, 2 garlic cloves, and egg in a large bowl; mix gently just until combined. Working with damp hands, shape turkey mixture into 24 meatballs (about 2 tablespoons each).
- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add 12 meatballs; cook 8 minutes, turning to brown on all sides.
- ☐ Remove from pan. Repeat procedure with 1 teaspoon oil and remaining 12 meatballs.
- ☐ Add remaining 2 teaspoons oil to pan; swirl to coat.
- ☐ Add shallots and celery to pan; saut 5 minutes.
- ☐ Add remaining 4 garlic cloves; saut 1 minute.
- ☐ Add kale, remaining 1/2 teaspoon salt, remaining 1/4 teaspoon black pepper, and red pepper; cook 2 minutes, stirring occasionally.
- ☐ Add stock; bring to a boil. Return meatballs to pan. Reduce heat; simmer 10 minutes or until kale is tender and meatballs are done. Ladle 1 1/3 cups soup into each of 6 bowls; divide remaining cheese evenly among bowls.

☐

Serve with lemon, if desired.

Nutrition Facts



Properties

Glycemic Index:56.33, Glycemic Load:2.82, Inflammation Score:0, Nutrition Score:33.218695827152%

Flavonoids

Apigenin: 3.12mg, Apigenin: 3.12mg, Apigenin: 3.12mg, Apigenin: 3.12mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 17.84mg, Isorhamnetin: 17.84mg, Isorhamnetin: 17.84mg, Isorhamnetin: 17.84mg Kaempferol: 35.43mg, Kaempferol: 35.43mg, Kaempferol: 35.43mg, Kaempferol: 35.43mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 17.16mg, Quercetin: 17.16mg, Quercetin: 17.16mg, Quercetin: 17.16mg

Nutrients (% of daily need)

Calories: 290.92kcal (14.55%), Fat: 10.99g (16.91%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 14.33g (5.21%), Sugar: 5.71g (6.35%), Cholesterol: 84.25mg (28.08%), Sodium: 813.56mg (35.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.6g (61.21%), Vitamin K: 324.68µg (309.22%), Vitamin A: 7900.02IU (158%), Vitamin C: 75.68mg (91.73%), Vitamin B3: 11.61mg (58.03%), Vitamin B6: 1.04mg (51.88%), Selenium: 27.38µg (39.11%), Phosphorus: 385.05mg (38.51%), Manganese: 0.75mg (37.68%), Vitamin B2: 0.61mg (35.84%), Calcium: 326.57mg (32.66%), Potassium: 854.83mg (24.42%), Folate: 86.25µg (21.56%), Magnesium: 76.73mg (19.18%), Fiber: 4.49g (17.94%), Iron: 3.11mg (17.29%), Zinc: 2.56mg (17.07%), Vitamin B1: 0.25mg (16.45%), Copper: 0.27mg (13.36%), Vitamin B5: 1.01mg (10.05%), Vitamin B12: 0.56µg (9.33%), Vitamin E: 1.28mg (8.54%), Vitamin D: 0.51µg (3.4%)