



Yanka's Ukrainian Meatball-Spinach Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large eggs
- ☐ 1.5 quarts fat-skimmed chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 1 pound pd of ground turkey lean (or)
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon oregano dried

- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 lb spinach leaves rinsed drained
- ☐ 0.7 cup rice long-grain white

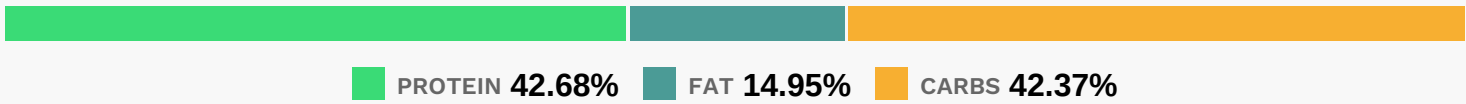
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a bowl, beat 1 egg to blend.
- ☐ Add rice, beef, onion, lemon peel, lemon juice, oregano, 1/4 teaspoon salt, and 1/8 teaspoon pepper; mix well.
- ☐ Put flour on a rimmed plate. Shape meat mixture into 1-inch balls, rolling each in flour as formed; shake off excess. Set balls slightly apart on a sheet of waxed paper.
- ☐ In a 5- to 6-quart pan over high heat, bring broth to a boil.
- ☐ Add meatballs, reduce heat, and simmer just until no longer pink in the center (cut to test), about 15 minutes.
- ☐ Add spinach leaves and stir gently until wilted, about 5 minutes. In a small bowl, beat with a fork remaining egg to blend.
- ☐ Pour into soup, stirring. Ladle soup into wide bowls.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:38.7, Glycemic Load:13.4, Inflammation Score:-10, Nutrition Score:30.274347554082%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 236.4kcal (11.82%), Fat: 3.98g (6.12%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 22.95g (8.35%), Sugar: 1.48g (1.64%), Cholesterol: 103.58mg (34.53%), Sodium: 1188.26mg (51.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.1%), Vitamin K: 366.39µg (348.94%), Vitamin A: 7201.51IU (144.03%), Manganese: 1mg (50.21%), Vitamin B3: 9.88mg (49.42%), Selenium: 32.74µg (46.77%), Vitamin B6: 0.91mg (45.66%), Folate: 178.04µg (44.51%), Phosphorus: 301.54mg (30.15%), Vitamin C: 24.38mg (29.56%), Magnesium: 94.48mg (23.62%), Vitamin B2: 0.39mg (22.9%), Potassium: 795.6mg (22.73%), Iron: 3.76mg (20.89%), Vitamin B12: 1.01µg (16.78%), Zinc: 2.28mg (15.23%), Vitamin B5: 1.51mg (15.11%), Copper: 0.26mg (12.98%), Vitamin B1: 0.19mg (12.81%), Vitamin E: 1.83mg (12.2%), Calcium: 108.94mg (10.89%), Fiber: 2.41g (9.65%), Vitamin D: 0.64µg (4.24%)