



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Italian Wedding Soup ♦♦

Italian Wedding Soup is a traditional Italian soup made with meatballs, vegetables, and pasta. It is often served at weddings and special occasions. The soup is hearty and flavorful, with a rich broth and tender meatballs. It is a comforting and satisfying dish that is perfect for cold winter nights.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

500 g	Ground Beef
50 g	bread crumbs
50 g	parmesan cheese
1 pieces	Egg

1 tsp	salt
1 tsp	black pepper
2 tbsp	olive oil
1 pieces	onion
2 pieces	carrot
2 stalks	celery
2 cloves	garlic
6 c	chicken broth
2 c	spinach
1 c	acini di pepe pasta

Directions

Step 1

Mixing

In a large bowl, combine ground beef, bread crumbs, Parmesan cheese, egg, salt, and black pepper. Mix well to combine.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Rolling

Roll the mixture into small meatballs, about 1 inch in diameter.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Sautéing

Heat olive oil in a large pot over medium heat. Add onion, carrot, celery, and garlic. Cook until vegetables are softened, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Simmering

Add chicken broth to the pot and bring to a boil. Reduce heat to low and add meatballs. Simmer for 20 minutes.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Boiling

Add spinach and acini di pepe pasta to the pot. Cook for an additional 10 minutes, or until pasta is tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 290 kcal

Fat: 12 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	12 g	42.86%	48%
Cholesterol	75 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	850 mg	36.96%	36.96%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Middle Eastern

Course

Soups

Snacks

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

TLC Diet (Therapeutic Lifestyle Changes)

Nordic Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com