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# 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



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

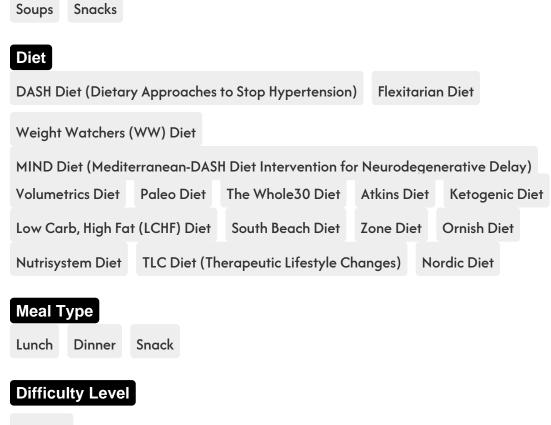
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	850 mg	36.96%	36.96%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

# **Recipe Attributes**

## Cuisines

Italian Middle Eastern





Medium

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