

Nana's Mini Meatball Soup

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Servings: 6

1 pound ground beef
1 pound ground pork
1 1/2 cups Pecorino Romano OR
Parmesan cheese, finely grated
1 cup Italian seasoned bread crumbs
2 eggs
1 bunch fresh Italian parsley
salt and black pepper
3 quarts chicken broth
1 bunch escarole, coarsely chopped
1/2 package (16 ounce) ditalini
pasta, cooked and drained

In a large bowl, combine the beef, pork, cheese, bread crumbs, eggs, parsley, salt and pepper until well blended. Shape into 3/4-inch meatballs.

Add the meatballs and broth to a slow cooker. Cover and cook on LOW for nine hours or on HIGH for five hours.

Add the escarole. Cover and cook on LOW for 15 minutes or until wilted.

Stir in the pasta just before serving.

You may substitute spinach for the escarole, if desired.

Per Serving (excluding unknown items): 540 Calories; 41g Fat (69.3% calories from fat); 38g Protein; 3g Carbohydrate; 1g Dietary Fiber; 189mg Cholesterol; 1651mg Sodium. Exchanges: 5 Lean Meat; 0 Vegetable; 5 1/2 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	540
% Calories from Fat:	69.3%
% Calories from Carbohydrates:	2.2%
% Calories from Protein:	28.5%
Total Fat (g):	41g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	189mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	38g

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	3.2mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	54mcg
Niacin (mg):	13mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	5

Sodium (mg): 1651mg
Potassium (mg): 906mg
Calcium (mg): 63mg
Iron (mg): 4mg
Zinc (mg): 5mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 778IU
Vitamin A (r.e.): 94RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 5 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	540	Calories from Fat: 374
% Daily Values*		
Total Fat	41g	62%
Saturated Fat	15g	77%
Cholesterol	189mg	63%
Sodium	1651mg	69%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	2%
Protein	38g	
Vitamin A		16%
Vitamin C		24%
Calcium		6%
Iron		22%

* Percent Daily Values are based on a 2000 calorie diet.