

Healthy Italian Wedding Soup with Chicken Meatballs

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chicken-meatballs-for-italian-wedding-soup>

Ingredients:

- 1 chicken recipe of, & Ricotta Meatballs *
- 2 tablespoons olive oil
- 1 finely chopped onion
- 3 carrots cut into 1/4? slices
- 2 stalks celery cut into 1/4? slices
- 10 cups homemade chicken stock or a good, store-bought one
- 1/2 cup dry white wine
- 1 cup small pasta such as orzo
- 1 handful chopped kale

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 265 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 98 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1180 milligrams
9. Sugar: 17 grams

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