

## Recipe Analysis

Analyze the following recipe for nutritional value. Refer to your notes as needed to answer the questions.

### Easy Italian Wedding Soup Recipe

#### Ingredients

1 large egg, lightly beaten  
1 tablespoon dry bread crumbs  
1 tablespoon dried parsley flakes  
1 tablespoon plus 1/4 cup grated Parmesan cheese, divided  
1/2 teaspoon onion powder  
1/2 teaspoon salt, divided  
1/8 teaspoon plus 1/4 teaspoon pepper, divided  
1/2 pound lean ground beef (90% lean, 10% fat)  
1/4 cup uncooked orzo or acini di pepe pasta  
1 medium onion, finely chopped  
3 celery ribs, chopped  
1 tablespoon olive oil  
2 garlic cloves, minced  
4 cans (14-1/2 ounces each) reduced-sodium chicken broth  
1 can (16 ounces) kidney beans, rinsed and drained

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4 cups chopped fresh spinach



1. Does this recipe provide simple or complex carbs? If so, which one and what ingredient source(s) from the recipe support your response?
2. Does this recipe provide a lean or fatty source of protein? Support your response with evidence from the recipe.



3. Would you say this recipe is high in fiber? What evidence from the recipe would support or refute your response?
  
4. Would this recipe be a good for a person trying to consume folate? Explain and provide evidence from the recipe to support your response.
  
5. What types of proteins are represented in this recipe? Support your response with evidence from the recipe.
  
6. Would this recipe help prevent dehydration? Support your response with evidence from the recipe.
  
7. What mineral is clearly included in this recipe? Identify the ingredient that supports your response.
  
8. Does this recipe contain all of the six essential nutrients? If not, what is missing? Provide evidence from the recipe to support/refute your response.



