



Asiago Tortellini

READY IN



18 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 ounces asiago cheese fresh shaved
- 9 ounce three-cheese tortellini fresh
- 14 ounce less-sodium chicken broth fat-free canned
- 0.3 cup basil fresh chopped
- 2 plum tomatoes chopped

Equipment

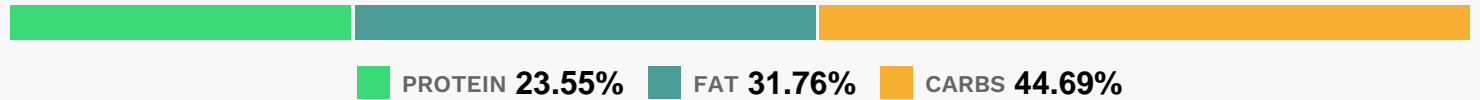
- bowl
- sauce pan

ladle

Directions

- Cook pasta according to package directions, omitting salt and fat; drain.
- While pasta cooks, combine broth and tomato in a medium saucepan; bring to a boil.
- Remove from heat; stir in basil. Cover and let broth mixture stand until pasta is done.
- Add drained pasta to broth mixture. Ladle soup into shallow bowls; sprinkle each serving with cheese.
- Garnish with basil leaves and pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:13.08, Inflammation Score:-3, Nutrition Score:5.7200000221315%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 263.83kcal (13.19%), Fat: 9.32g (14.34%), Saturated Fat: 4.12g (25.76%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 26.7g (9.71%), Sugar: 2.87g (3.19%), Cholesterol: 33.88mg (11.29%), Sodium: 911.35mg (39.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.11%), Calcium: 267.81mg (26.78%), Phosphorus: 117.57mg (11.76%), Fiber: 2.82g (11.28%), Iron: 2.01mg (11.18%), Vitamin A: 448.06IU (8.96%), Vitamin K: 8.91µg (8.49%), Selenium: 5.38µg (7.68%), Vitamin B12: 0.37µg (6.14%), Vitamin C: 4.52mg (5.48%), Vitamin B2: 0.07mg (4.41%), Vitamin B3: 0.79mg (3.95%), Potassium: 120.7mg (3.45%), Manganese: 0.07mg (3.32%), Zinc: 0.47mg (3.16%), Magnesium: 11.6mg (2.9%), Vitamin B6: 0.05mg (2.7%), Copper: 0.05mg (2.37%), Vitamin B5: 0.21mg (2.14%), Folate: 7.65µg (1.91%), Vitamin B1: 0.02mg (1.63%), Vitamin E: 0.21mg (1.4%)