



Charlotte's Tortellini Soup

READY IN



95 min.

SERVINGS



6

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups beef broth
- 16 ounce canned tomatoes whole with liquid peeled canned
- 2 cups carrots sliced
- 1 cup celery sliced
- 2 cloves garlic minced
- 1 teaspoon penzey's southwest seasoning italian
- 1 cup catsup
- 1 cup onion chopped
- 2 tablespoons parmesan cheese grated

- 0.3 cup parsley chopped
- 1 pound tortellini pasta fresh
- 1 bell pepper diced red
- 0.5 cup red wine
- 6 servings salt and pepper to taste
- 1 pound sausage
- 1 cup zucchini sliced

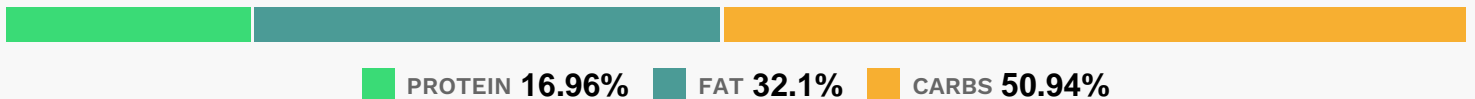
Equipment

- pot

Directions

- Brown sausage in pot; drain off fat.
- Add onions and saute until tender.
- Add carrots, celery, beef broth, red wine, tomatoes, ketchup, Italian seasoning, and garlic. Bring to a boil and simmer for 30 minutes. Skim away the fat from the soup.
- Stir in the zucchini, tortellini, red bell pepper, and parsley. (If you use fresh tortellini, cook them according to package directions.) Simmer, covered, for about 25–30 minutes or till the tortellini are tender. Season with salt and pepper.
- Sprinkle with cheese right before serving.

Nutrition Facts



Properties

Glycemic Index:50.81, Glycemic Load:25.19, Inflammation Score:-10, Nutrition Score:31.479130558346%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg,
Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin:
0.35mg, Naringenin: 0.35mg Apigenin: 5.9mg, Apigenin: 5.9mg, Apigenin: 5.9mg, Apigenin: 5.9mg Luteolin: 0.4mg,
Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin:
1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg
Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 6.7mg, Quercetin: 6.7mg,
Quercetin: 6.7mg, Quercetin: 6.7mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 646.82kcal (32.34%), Fat: 22.65g (34.85%), Saturated Fat: 7.47g (46.69%), Carbohydrates: 80.89g
(26.96%), Net Carbohydrates: 74.81g (27.2%), Sugar: 17.24g (19.15%), Cholesterol: 55.88mg (18.63%), Sodium:
2120.88mg (92.21%), Alcohol: 2.12g (100%), Alcohol %: 0.41% (100%), Protein: 26.94g (53.87%), Vitamin A:
8447.85IU (168.96%), Selenium: 50.9µg (72.72%), Vitamin C: 46.94mg (56.9%), Vitamin K: 59.5µg (56.67%),
Manganese: 1.06mg (52.8%), Vitamin B3: 8.72mg (43.58%), Vitamin B6: 0.74mg (36.77%), Phosphorus: 359.26mg
(35.93%), Potassium: 1105.78mg (31.59%), Vitamin B1: 0.39mg (25.95%), Fiber: 6.08g (24.32%), Vitamin B2: 0.39mg
(23%), Magnesium: 90.09mg (22.52%), Zinc: 3.31mg (22.09%), Iron: 3.88mg (21.55%), Copper: 0.42mg (20.81%),
Folate: 67.05µg (16.76%), Vitamin E: 2.08mg (13.9%), Vitamin B12: 0.83µg (13.88%), Vitamin B5: 1.32mg (13.15%),
Calcium: 125.19mg (12.52%), Vitamin D: 0.99µg (6.61%)