



Cheese Tortellini and Vegetable Soup

READY IN



15 min.

SERVINGS



6

CALORIES



242 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced with garlic and onion, undrained canned
- ☐ 9 ounce cheese tortellini fresh
- ☐ 0.8 teaspoon seasoning dried italian
- ☐ 11.5 ounce jicama with bacon soup (such as campbell's), undiluted canned
- ☐ 0.3 cup parmesan cheese grated
- ☐ 16 ounce savory vegetable frozen italian-style
- ☐ 3 cups water

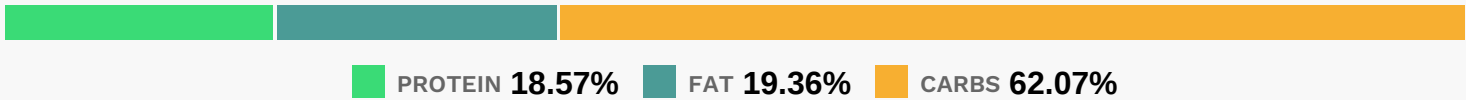
Equipment

☐ sauce pan

Directions

- ☐ Combine first 6 ingredients in a 4-quart saucepan; cover and bring to a boil over high heat.
- ☐ Add pasta; reduce heat to medium. Cook, partially covered, 7 minutes or until pasta and vegetables are tender. Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:13.37, Inflammation Score:-10, Nutrition Score:13.834782458518%

Nutrients (% of daily need)

Calories: 241.62kcal (12.08%), Fat: 5.43g (8.35%), Saturated Fat: 1.95g (12.22%), Carbohydrates: 39.16g (13.05%), Net Carbohydrates: 30.43g (11.07%), Sugar: 5.2g (5.77%), Cholesterol: 19.78mg (6.59%), Sodium: 391.61mg (17.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.44%), Vitamin A: 4038.36IU (80.77%), Fiber: 8.73g (34.93%), Vitamin C: 25.15mg (30.48%), Manganese: 0.37mg (18.45%), Iron: 3.14mg (17.43%), Calcium: 153.63mg (15.36%), Potassium: 454.44mg (12.98%), Copper: 0.25mg (12.25%), Magnesium: 41.83mg (10.46%), Vitamin B1: 0.16mg (10.41%), Phosphorus: 103.23mg (10.32%), Vitamin B6: 0.2mg (10.22%), Folate: 38.21µg (9.55%), Vitamin B3: 1.91mg (9.54%), Vitamin E: 1.17mg (7.83%), Vitamin B2: 0.13mg (7.73%), Zinc: 0.81mg (5.41%), Vitamin K: 5.56µg (5.29%), Vitamin B5: 0.4mg (4.04%), Selenium: 2.57µg (3.67%)