



Chicken and Spinach Tortellini Soup

 Popular

READY IN



35 min.

SERVINGS



5

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup carrots ()
- ☐ 1 cup cheese tortellini frozen
- ☐ 6 cups chicken broth (from two 32-oz cartons)
- ☐ 1 teaspoon garlic finely chopped
- ☐ 0.3 cup spring onion chopped (5 medium)
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.1 teaspoon pepper
- ☐ 2 cups rotisserie chicken cut shredded (from 2- to 2 1/2-lb chicken)

- ☐ 3 cups pkt spinach fresh chopped
- ☐ 1 tablespoon vegetable oil

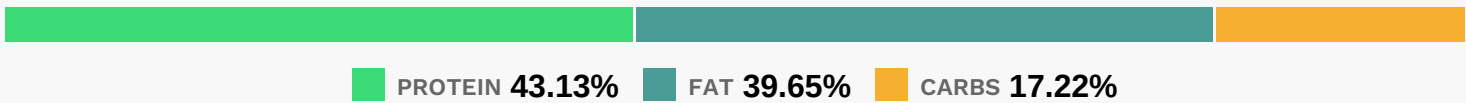
Equipment

- ☐ dutch oven

Directions

- ☐ In 4 1/2- to 5-quart Dutch oven, heat oil over medium-high heat. Cook onions, carrots and garlic in oil 3 to 4 minutes, stirring frequently, until onions are softened.
- ☐ Stir in broth and chicken.
- ☐ Heat to boiling. Stir in tortellini; reduce heat to medium. Cover; cook 3 to 5 minutes or until tortellini are tender.
- ☐ Stir in nutmeg, pepper and spinach. Cover; cook 2 to 3 minutes or until spinach is hot.

Nutrition Facts



Properties

Glycemic Index:58.57, Glycemic Load:4.73, Inflammation Score:-9, Nutrition Score:11.918695662333%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 292.34kcal (14.62%), Fat: 12.99g (19.98%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 11.04g (4.01%), Sugar: 2.49g (2.77%), Cholesterol: 104.55mg (34.85%), Sodium: 1487.91mg (64.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.8g (63.59%), Vitamin K: 106.96µg (101.87%), Vitamin A: 3185.97IU (63.72%), Manganese: 0.33mg (16.67%), Vitamin B2: 0.21mg (12.44%), Folate: 40.91µg (10.23%), Vitamin C: 7.01mg (8.49%), Iron: 1.37mg (7.6%), Calcium: 68.21mg (6.82%), Fiber: 1.66g (6.64%), Potassium: 200.33mg (5.72%), Vitamin B1: 0.08mg (5.61%), Vitamin E: 0.79mg (5.3%), Magnesium: 19.82mg (4.95%), Vitamin B3: 0.87mg (4.36%), Copper: 0.08mg (3.93%), Vitamin B6: 0.06mg (2.93%), Phosphorus: 26.76mg (2.68%), Zinc: 0.35mg (2.33%), Selenium: 1.45µg (2.07%)