



## Chicken-Broccoli-Tortellini Soup

READY IN



25 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 9 oz cheese tortellini refrigerated
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 1 cup roasted chicken cubed cooked
- ☐ 0.5 teaspoon seasoning italian
- ☐ 12 oz nacho cheese dip frozen
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup parmesan shredded
- ☐ 0.5 cup plum tomatoes chopped (Roma)
- ☐ 1 tablespoon vegetable oil

☐ 0.5 cup water

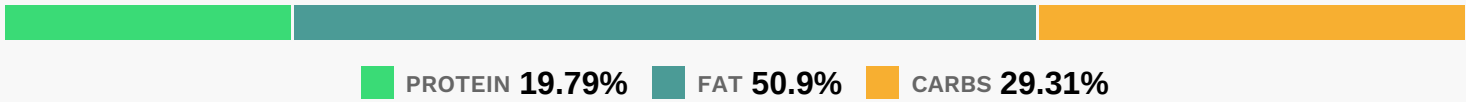
## Equipment

☐ sauce pan

## Directions

- ☐ In 2-quart saucepan, heat oil over medium-high heat.
- ☐ Add onion; cook about 2 minutes, stirring frequently, until crisp-tender.
- ☐ Stir in broth, water, Italian seasoning, frozen broccoli in cheese sauce and tortellini.
- ☐ Heat to boiling, stirring occasionally and breaking up broccoli.
- ☐ Stir in chicken. Cook about 4 minutes, stirring occasionally, until tortellini are tender. Stir in tomato. Top each serving with 1 tablespoon cheese.

## Nutrition Facts



## Properties

Glycemic Index:36.75, Glycemic Load:13.2, Inflammation Score:-5, Nutrition Score:7.9943477984356%

## Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## Nutrients (% of daily need)

Calories: 494.23kcal (24.71%), Fat: 28.28g (43.5%), Saturated Fat: 7.4g (46.22%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 33.58g (12.21%), Sugar: 6.89g (7.66%), Cholesterol: 64.45mg (21.48%), Sodium: 1486.31mg (64.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.46%), Calcium: 243.43mg (24.34%), Vitamin B3: 3.2mg (16%), Vitamin A: 771.88IU (15.44%), Selenium: 10.49µg (14.98%), Iron: 2.37mg (13.15%), Phosphorus: 125.06mg (12.51%), Fiber: 3.06g (12.22%), Vitamin K: 10.29µg (9.8%), Vitamin B6: 0.19mg (9.37%), Vitamin B2: 0.14mg (8.38%), Vitamin C: 4.8mg (5.81%), Zinc: 0.85mg (5.69%), Manganese: 0.11mg (5.68%), Potassium: 192.25mg (5.49%), Vitamin B5: 0.42mg (4.19%), Vitamin B1: 0.06mg (4.11%), Magnesium: 16.35mg (4.09%), Vitamin E: 0.54mg (3.6%), Vitamin B12: 0.2µg (3.28%), Copper: 0.06mg (3.25%), Folate: 9.12µg (2.28%)