



Chicken-Tortellini Soup

READY IN



80 min.

SERVINGS



10

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 oz broccoli green frozen giant®
- 1 cup carrots sliced (2 medium)
- 31.5 oz chicken broth canned
- 10.8 oz cream of chicken soup canned
- 2 cups roasted chicken cubed cooked
- 0.5 teaspoon basil dried
- 7 oz cheese tortellini - prepare dry
- 0.5 cup mirin dry
- 2 cloves garlic minced

- 1 cup onion chopped (2 medium)
- 0.5 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 6 cups water

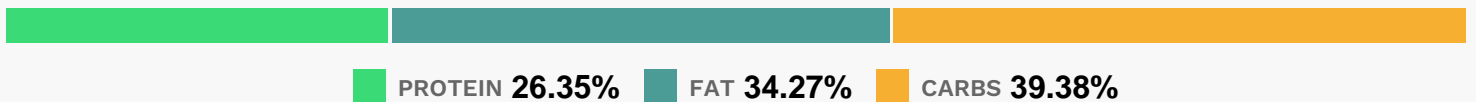
Equipment

- sauce pan
- dutch oven

Directions

- Remove broccoli from freezer; let stand at room temperature to thaw. In 5-quart saucepan or Dutch oven, mix all remaining ingredients except tortellini and cheese.
- Heat to boiling.
- Stir in tortellini. Reduce heat; simmer uncovered 30 minutes, stirring occasionally.
- Stir in thawed broccoli; simmer 5 to 10 minutes longer or until broccoli is crisp-tender.
- Sprinkle individual servings with cheese.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:2.06, Inflammation Score:-9, Nutrition Score:10.777391302197%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 202.83kcal (10.14%), Fat: 7.49g (11.52%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 16.93g (6.16%), Sugar: 2.99g (3.33%), Cholesterol: 39.9mg (13.3%), Sodium: 812.36mg (35.32%), Alcohol: 1.14g (100%), Alcohol %: 0.38% (100%), Protein: 12.96g (25.92%), Vitamin A: 2425.45IU (48.51%), Vitamin C:

24.92mg (30.2%), Vitamin K: 30.56µg (29.1%), Vitamin B3: 2.84mg (14.21%), Selenium: 9.52µg (13.6%), Phosphorus: 109.79mg (10.98%), Vitamin B6: 0.21mg (10.37%), Fiber: 2.44g (9.76%), Vitamin B2: 0.16mg (9.4%), Manganese: 0.18mg (9.06%), Calcium: 89.63mg (8.96%), Iron: 1.34mg (7.47%), Potassium: 249.65mg (7.13%), Folate: 24.12µg (6.03%), Copper: 0.12mg (6%), Zinc: 0.87mg (5.83%), Vitamin B5: 0.55mg (5.53%), Vitamin B1: 0.08mg (5.07%), Magnesium: 19.56mg (4.89%), Vitamin E: 0.52mg (3.49%), Vitamin B12: 0.13µg (2.21%)