



Chicken-Tortellini Soup

READY IN



45 min.

SERVINGS



6

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 cup carrots peeled chopped
- ☐ 0.5 cup celery sliced
- ☐ 9 oz cheese tortellini uncooked
- ☐ 46 oz chicken broth canned
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound chicken breasts boneless skinless cubed cooked

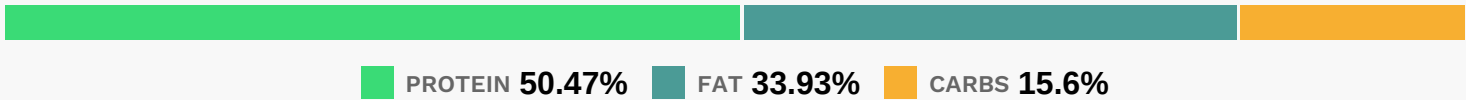
Equipment

☐ pot

Directions

☐ Combine all ingredients in a stockpot; bring to a boil over medium heat. Reduce heat, cover and simmer until tortellini is tender. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:31.31, Glycemic Load:9.42, Inflammation Score:-10, Nutrition Score:25.139565146488%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 636.27kcal (31.81%), Fat: 23.27g (35.8%), Saturated Fat: 6.53g (40.81%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 21.44g (7.8%), Sugar: 2.88g (3.2%), Cholesterol: 173.22mg (57.74%), Sodium: 1341.91mg (58.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.88g (155.76%), Selenium: 64.31µg (91.88%), Vitamin A: 4014.04IU (80.28%), Vitamin B3: 13.36mg (66.79%), Vitamin B6: 1.03mg (51.59%), Phosphorus: 504.97mg (50.5%), Zinc: 5.96mg (39.76%), Vitamin B12: 2.32µg (38.74%), Iron: 4.42mg (24.54%), Potassium: 723.75mg (20.68%), Vitamin B2: 0.31mg (18.49%), Magnesium: 66.12mg (16.53%), Vitamin B5: 1.17mg (11.74%), Vitamin K: 12.05µg (11.48%), Calcium: 109.94mg (10.99%), Fiber: 2.63g (10.52%), Copper: 0.15mg (7.44%), Vitamin E: 1.01mg (6.75%), Vitamin B1: 0.07mg (4.73%), Folate: 17.26µg (4.32%), Manganese: 0.09mg (4.31%), Vitamin C: 3.46mg (4.2%), Vitamin D: 0.29µg (1.95%)