



Creamy Chicken-Spinach Soup

READY IN



14 min.

SERVINGS



14

CALORIES



145 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 9 ounce chicken breast diced frozen cooked
- 21.5 ounce cream of chicken soup reduced-fat reduced-sodium canned
- 0.5 teaspoon thyme leaves dried
- 14.3 ounce chicken broth fat-free reduced-sodium canned
- 2 cups milk fat-free
- 10 ounce pkt spinach frozen thawed chopped
- 0.3 teaspoon pepper
- 9 ounce cheese tortellini refrigerated

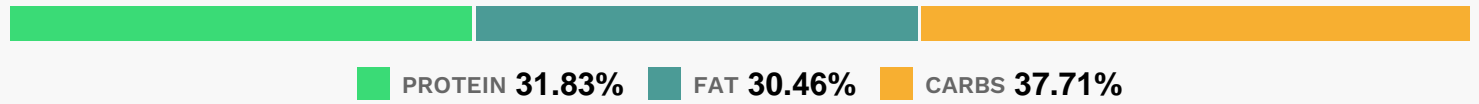
Equipment

dutch oven

Directions

- Cook tortellini in a Dutch oven according to package directions, using 1 can broth instead of water.
- Add soup and remaining ingredients, stirring well.
- Bring to a boil; cover, reduce heat to medium, and cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:11.3, Glycemic Load:5.52, Inflammation Score:-9, Nutrition Score:11.575652127681%

Nutrients (% of daily need)

Calories: 145.05kcal (7.25%), Fat: 4.91g (7.55%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 12.37g (4.5%), Sugar: 2.69g (2.99%), Cholesterol: 26.95mg (8.98%), Sodium: 545.59mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.54g (23.08%), Vitamin K: 77.84µg (74.13%), Vitamin A: 2530.49IU (50.61%), Vitamin B3: 2.98mg (14.88%), Selenium: 8.41µg (12.01%), Calcium: 108.93mg (10.89%), Phosphorus: 105.72mg (10.57%), Manganese: 0.19mg (9.34%), Iron: 1.59mg (8.81%), Vitamin B6: 0.17mg (8.44%), Vitamin B2: 0.14mg (8.13%), Folate: 32.05µg (8.01%), Magnesium: 26.84mg (6.71%), Potassium: 205.92mg (5.88%), Vitamin E: 0.87mg (5.83%), Vitamin B12: 0.32µg (5.38%), Fiber: 1.3g (5.21%), Copper: 0.1mg (5.04%), Vitamin B5: 0.44mg (4.39%), Vitamin B1: 0.06mg (3.95%), Zinc: 0.59mg (3.92%), Vitamin D: 0.4µg (2.69%), Vitamin C: 1.18mg (1.42%)