



WHATSheATE



Creamy Tomato Basil Tortellini Soup

🤍 Popular

READY IN



50 min.

SERVINGS



8

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce cheese tortellini
- ☐ 14.5 ounce chicken broth canned
- ☐ 30 ounce fire-roasted tomatoes diced canned
- ☐ 10 basil leaves dried fresh chopped
- ☐ 2 garlic cloves chopped ()
- ☐ 0.5 cup cup heavy whipping cream light
- ☐ 20 ounce milk canned (use soup can)
- ☐ 8 servings olive oil

- ☐ 1 small onion chopped ()
- ☐ 0.3 cup parmesan cheese grated
- ☐ 3 tablespoons tomato paste italian-style
- ☐ 21.5 ounce campbell's tomato soup canned

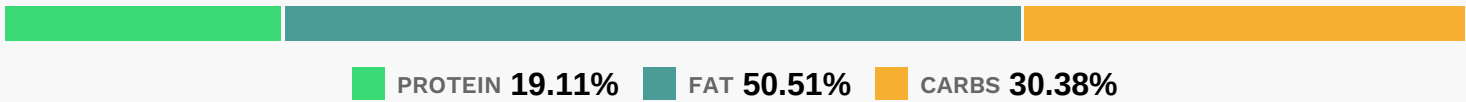
Equipment

- ☐ frying pan

Directions

- ☐ Coat soup pan with olive oil.
- ☐ Add onion and garlic and saute till soft.2
- ☐ Add canned diced tomatoes, basil, tomato soup and two cans milk. Stir till blended.3
- ☐ Add chicken broth and stir in tomato paste till blended.4 Simmer for 20 minutes5
- ☐ Add light cream and parmesan cheese.6
- ☐ Add tortellini and cook till tender (at least 15 minutes).

Nutrition Facts



Properties

Glycemic Index:28.31, Glycemic Load:12.15, Inflammation Score:-7, Nutrition Score:20.736956161001%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 513.23kcal (25.66%), Fat: 29.21g (44.94%), Saturated Fat: 8.88g (55.49%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 34.36g (12.5%), Sugar: 14.24g (15.82%), Cholesterol: 65.62mg (21.87%), Sodium: 975.69mg (42.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.87g (49.75%), Vitamin K: 99.17µg

(94.45%), Iron: 7.3mg (40.57%), Calcium: 336.9mg (33.69%), Manganese: 0.64mg (32.14%), Vitamin A: 1236.96IU (24.74%), Potassium: 841.61mg (24.05%), Vitamin E: 3.42mg (22.78%), Phosphorus: 225.11mg (22.51%), Selenium: 14.87µg (21.25%), Fiber: 5.16g (20.66%), Magnesium: 70.21mg (17.55%), Vitamin C: 14.07mg (17.05%), Vitamin B12: 0.97µg (16.14%), Vitamin B6: 0.31mg (15.64%), Vitamin B2: 0.26mg (15.44%), Zinc: 2.3mg (15.34%), Vitamin B3: 2.41mg (12.07%), Copper: 0.2mg (9.97%), Vitamin D: 0.94µg (6.24%), Vitamin B1: 0.09mg (5.95%), Folate: 19.72µg (4.93%), Vitamin B5: 0.38mg (3.79%)