



## Easy and Quick Chicken Tortellini Soup

READY IN



60 min.

SERVINGS



10

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce alfredo sauce
- 2 tablespoons butter
- 20 ounce three-cheese tortellini refrigerated
- 6 cups chicken broth
- 2 cups meat from a rotisserie chicken cubed cooked
- 8 ounce carton cream sour
- 2 cloves garlic minced
- 10 servings salt and ground pepper black to taste
- 0.3 cup onion chopped

10 ounce pkt spinach fresh

## Equipment

bowl

pot

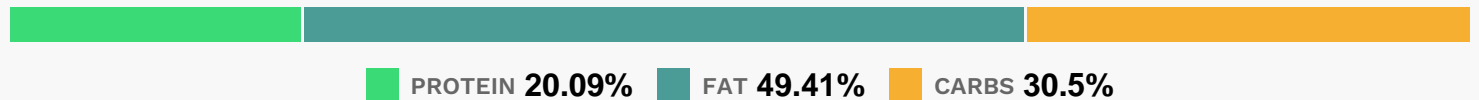
## Directions

Melt butter in a 5-quart pot over medium heat; cook and stir onion and garlic in melted butter until onion is translucent, about 5 minutes. Stir chicken broth and Alfredo sauce into onion mixture; cook until heated through, about 5 minutes. Stir in sour cream and cooked chicken; simmer for 15 minutes.

Mix cheese tortellini and spinach into chicken mixture, cover pot, and simmer for 20 minutes. Season with salt and pepper.

Divide soup into bowls and sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:22.1, Glycemic Load:11.51, Inflammation Score:-9, Nutrition Score:14.871304273605%

## Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

## Nutrients (% of daily need)

Calories: 387.45kcal (19.37%), Fat: 21.2g (32.62%), Saturated Fat: 9.58g (59.9%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 26.56g (9.66%), Sugar: 3.99g (4.43%), Cholesterol: 94.52mg (31.51%), Sodium: 1142.76mg (49.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.8%), Vitamin K: 137.65µg (131.1%), Vitamin A: 2884.58IU (57.69%), Manganese: 0.35mg (17.72%), Iron: 2.7mg (14.98%), Folate: 58.64µg (14.66%), Calcium: 143.32mg (14.33%), Vitamin B3: 2.75mg (13.76%), Vitamin B2: 0.22mg (12.88%), Selenium: 8.71µg (12.45%), Fiber: 2.88g (11.54%), Vitamin C: 8.65mg (10.49%), Vitamin B6: 0.19mg (9.6%), Phosphorus: 93.44mg (9.34%), Magnesium: 32.73mg (8.18%), Potassium: 286.29mg (8.18%), Vitamin E: 0.79mg (5.24%), Vitamin B1: 0.08mg (5.13%), Zinc:

0.77mg (5.11%), Copper: 0.08mg (4.14%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.16µg (2.7%)