



## Easy Tortellini Pesto Soup

READY IN



15 min.

SERVINGS



15

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup classico basil pesto sauce and spread traditional
- 9 oz three cheese tortellini refrigerated
- 28 oz chicken broth canned
- 0.3 cup polly-o parmesan cheese shredded
- 2 plum tomatoes coarsely chopped

### Equipment

- sauce pan

## Directions

- Bring broth to boil in large saucepan.
- Add pasta; cook 5 min., adding tomatoes to the boiling water for the last minute of the cooking time.
- Remove from heat.
- Stir in pesto; sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:7.67, Glycemic Load:3.47, Inflammation Score:-2, Nutrition Score:4.1491304629523%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 182.33kcal (9.12%), Fat: 8.36g (12.86%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 7.86g (2.86%), Sugar: 0.89g (0.99%), Cholesterol: 34.88mg (11.63%), Sodium: 416.43mg (18.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.18%), Selenium: 10.24µg (14.62%), Phosphorus: 98.37mg (9.84%), Zinc: 1.4mg (9.32%), Vitamin B12: 0.56µg (9.26%), Calcium: 67.49mg (6.75%), Iron: 1.19mg (6.63%), Vitamin B3: 1.33mg (6.63%), Vitamin A: 290.99IU (5.82%), Vitamin B6: 0.11mg (5.46%), Vitamin B2: 0.06mg (3.64%), Fiber: 0.83g (3.33%), Magnesium: 11.94mg (2.99%), Potassium: 102.6mg (2.93%), Vitamin K: 1.91µg (1.82%), Copper: 0.03mg (1.6%), Vitamin E: 0.22mg (1.46%), Vitamin C: 1.13mg (1.37%)