



## Greek-Style Tortellini Soup

READY IN



30 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounce artichoke hearts drained chopped quartered canned
- 7 ounce baby spinach fresh
- 1 cup roasted chicken breast halves diced boneless skinless
- 1 tablespoon oregano fresh chopped
- 6 servings basic tortellini soup

### Equipment

### Directions

Prepare Basic Tortellini Soup as directed. Stir in chicken, artichoke hearts, spinach, and oregano. Cook over medium heat 5 minutes or until thoroughly heated.

## Nutrition Facts



**PROTEIN 30.85%** **FAT 22.06%** **CARBS 47.09%**

### Properties

Glycemic Index:14.5, Glycemic Load:10.66, Inflammation Score:-10, Nutrition Score:16.073043377503%

### Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

### Nutrients (% of daily need)

Calories: 234.86kcal (11.74%), Fat: 5.69g (8.76%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 23.21g (8.44%), Sugar: 2.17g (2.41%), Cholesterol: 45.38mg (15.13%), Sodium: 546.34mg (23.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.81%), Vitamin K: 165.01µg (157.15%), Vitamin A: 3127.4IU (62.55%), Vitamin B3: 4.39mg (21.95%), Selenium: 12.99µg (18.55%), Vitamin B6: 0.37mg (18.43%), Manganese: 0.34mg (17.21%), Folate: 67.72µg (16.93%), Fiber: 4.11g (16.46%), Iron: 2.7mg (15%), Calcium: 123.02mg (12.3%), Vitamin C: 9.79mg (11.86%), Phosphorus: 100.25mg (10.02%), Potassium: 340.95mg (9.74%), Magnesium: 38.63mg (9.66%), Vitamin B2: 0.11mg (6.26%), Vitamin E: 0.9mg (5.99%), Vitamin B5: 0.59mg (5.91%), Vitamin B1: 0.05mg (3.5%), Copper: 0.06mg (2.95%), Zinc: 0.43mg (2.84%), Vitamin B12: 0.08µg (1.31%)