



## Italian Meatball and Cheese Tortellini Soup

READY IN



45 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 bay leaf
- ☐ 2 quarts beef stock
- ☐ 2 tablespoons butter
- ☐ 12 ounce canned tomatoes diced canned
- ☐ 0.5 cup carrots diced
- ☐ 1 pound cheese tortellini fresh
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.5 cup green beans
- ☐ 1 tablespoon penzey's southwest seasoning italian

- ☐ 0.5 cup kale chopped
- ☐ 1 pound meatballs frozen italian-style thawed cooked
- ☐ 1 onion diced
- ☐ 2 tablespoons parmesan cheese grated

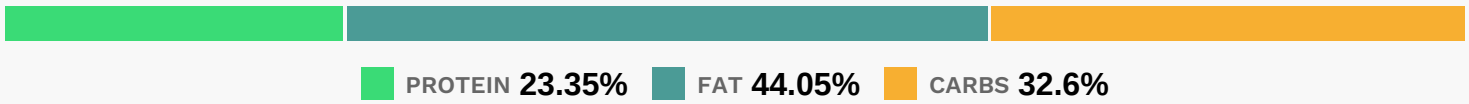
## Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

## Directions

- ☐ Melt the butter in a large pot over medium-high heat; cook the onion and garlic in the melted butter until tender, 5 to 7 minutes.
- ☐ Pour the beef stock into the pot; add the tomatoes, green beans, carrot, kale, Italian seasoning, and bay leaf. Bring the mixture to a boil. Stir in the meatballs and tortellini; return to a boil and cook another 5 minutes. Ladle into bowls and top each with about 1 teaspoon Parmesan cheese to serve.

## Nutrition Facts



## Properties

Glycemic Index:54.14, Glycemic Load:17.17, Inflammation Score:-9, Nutrition Score:20.780869693698%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

## Nutrients (% of daily need)

Calories: 552.97kcal (27.65%), Fat: 27.27g (41.96%), Saturated Fat: 10.89g (68.06%), Carbohydrates: 45.42g (15.14%), Net Carbohydrates: 40.15g (14.6%), Sugar: 7.96g (8.85%), Cholesterol: 94.64mg (31.55%), Sodium: 1139.05mg (49.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.07%), Vitamin B1: 0.73mg

(48.65%), Vitamin A: 2293.97IU (45.88%), Vitamin B3: 6.99mg (34.94%), Selenium: 23.75µg (33.93%), Vitamin B2: 0.53mg (31.42%), Vitamin B6: 0.63mg (31.37%), Potassium: 1073.13mg (30.66%), Phosphorus: 276.71mg (27.67%), Iron: 4.72mg (26.22%), Fiber: 5.27g (21.06%), Calcium: 209.36mg (20.94%), Vitamin K: 21.13µg (20.12%), Zinc: 2.55mg (17.02%), Copper: 0.32mg (16.24%), Magnesium: 57.05mg (14.26%), Vitamin C: 10.93mg (13.25%), Manganese: 0.25mg (12.41%), Vitamin B12: 0.56µg (9.33%), Vitamin B5: 0.76mg (7.63%), Vitamin E: 1.13mg (7.56%), Folate: 29.36µg (7.34%)