



Italian Sausage Tortellini Soup

READY IN



70 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups beef stock
- ☐ 1 cup carrots chopped
- ☐ 8 ounces cheese tortellini
- ☐ 0.5 teaspoon basil dried
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 3.5 ounce sausage sweet italian
- ☐ 1 cup onions chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese grated for topping
- ☐ 0.5 cup red wine
- ☐ 1 cup tomato sauce
- ☐ 4 tomatoes peeled seeded chopped
- ☐ 0.3 cup water
- ☐ 1 zucchini chopped

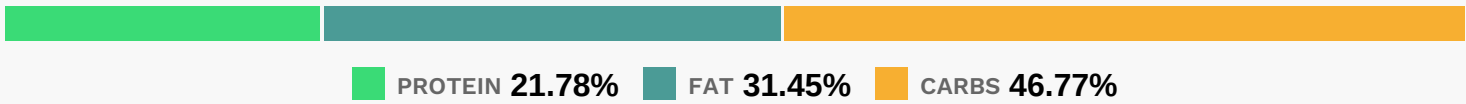
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place the sausage in a large pot over medium high heat and saute for 10 minutes, or until well browned.
- ☐ Drain the fat except for about 1 tablespoon, add the onions and garlic and saute for 5 more minutes.
- ☐ Next add the beef stock, water, wine, tomatoes, carrots, basil, oregano and tomato sauce. Bring to a boil, reduce heat to low and simmer for 30 minutes, skimming any fat that may surface.
- ☐ Add the zucchini, tortellini, green bell pepper and parsley to taste. Simmer for 10 minutes, or until tortellini is fully cooked.
- ☐ Pour into individual bowls and garnish with the cheese.

Nutrition Facts



Properties

Glycemic Index:56.97, Glycemic Load:10.62, Inflammation Score:-10, Nutrition Score:18.668695804703%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 280.65kcal (14.03%), Fat: 9.56g (14.71%), Saturated Fat: 3.35g (20.96%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 27.1g (9.86%), Sugar: 9.33g (10.37%), Cholesterol: 28.38mg (9.46%), Sodium: 928.85mg (40.38%), Alcohol: 2.12g (100%), Alcohol %: 0.52% (100%), Protein: 14.9g (29.8%), Vitamin A: 4637.59IU (92.75%), Vitamin C: 40.65mg (49.27%), Potassium: 995.08mg (28.43%), Vitamin K: 27.14µg (25.85%), Vitamin B6: 0.45mg (22.65%), Fiber: 4.89g (19.57%), Vitamin B2: 0.32mg (19.02%), Vitamin B3: 3.73mg (18.65%), Manganese: 0.36mg (17.79%), Vitamin B1: 0.26mg (17.12%), Phosphorus: 165.33mg (16.53%), Iron: 2.91mg (16.19%), Copper: 0.27mg (13.54%), Calcium: 130.75mg (13.07%), Magnesium: 49.29mg (12.32%), Selenium: 7.74µg (11.06%), Folate: 42.24µg (10.56%), Vitamin E: 1.36mg (9.09%), Zinc: 1.22mg (8.15%), Vitamin B5: 0.48mg (4.83%), Vitamin B12: 0.17µg (2.88%)