



Italian Tortellini Soup

READY IN



45 min.

SERVINGS



7

CALORIES



176 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 7 servings bell pepper black
- ☐ 1 cup carrots finely chopped
- ☐ 9 ounce cheese-filled tortellini refrigerated uncooked
- ☐ 42 ounce chicken broth low-sodium canned
- ☐ 1 medium fennel bulb
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 7 teaspoons parmesan cheese grated

- ☐ 0.3 teaspoon salt
- ☐ 2 cups pkt spinach shredded

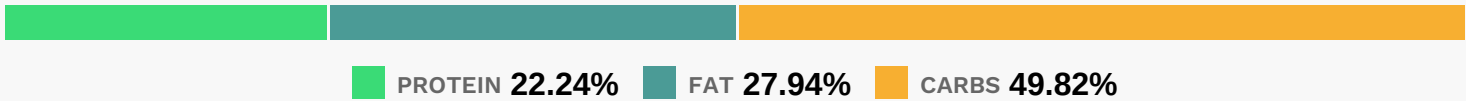
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Trim outer stalks from fennel; cut bulb in half lengthwise, and remove cores.
- ☐ Cut each half vertically into thin slices.
- ☐ Heat oil in a large saucepan over medium heat until hot.
- ☐ Add fennel, carrot, and garlic; cook 10 minutes or until tender, stirring often. Stir in broth and next 3 ingredients. Bring to a boil; cover, reduce heat, and simmer 15 minutes.
- ☐ Stir in pasta and spinach. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes or until pasta is tender.
- ☐ Remove and discard bay leaf. Ladle soup into individual bowls; sprinkle each serving with 1 teaspoon cheese.

Nutrition Facts



Properties

Glycemic Index:37.55, Glycemic Load:8.57, Inflammation Score:-9, Nutrition Score:11.711304453323%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 176kcal (8.8%), Fat: 5.67g (8.73%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 19.58g (7.12%), Sugar: 3.48g (3.86%), Cholesterol: 14.53mg (4.84%), Sodium: 345.26mg (15.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.32%), Vitamin A: 3912.67IU (78.25%), Vitamin K: 65.69µg (62.56%), Vitamin B3: 2.8mg (13.98%), Fiber: 3.17g (12.68%), Potassium: 396.81mg (11.34%), Iron: 1.86mg (10.35%), Calcium: 103.3mg (10.33%), Manganese: 0.2mg (9.78%), Vitamin C: 7.77mg (9.42%), Phosphorus: 86.77mg (8.68%), Folate: 29.27µg (7.32%), Copper: 0.13mg (6.63%), Vitamin B2: 0.09mg (5.47%), Vitamin E: 0.66mg (4.38%), Vitamin B6: 0.09mg (4.34%), Magnesium: 17.19mg (4.3%), Vitamin B12: 0.18µg (3.03%), Zinc: 0.37mg (2.44%), Vitamin B1: 0.02mg (1.62%), Vitamin B5: 0.14mg (1.44%)