



Italian Tortellini Soup

READY IN



50 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans red rinsed drained canned
- ☐ 4 carrots sliced
- ☐ 2 stalks celery sliced
- ☐ 1.5 cups cheese-filled tortellini frozen
- ☐ 4 cups chicken broth organic swanson® (Regular, Natural or Certified)
- ☐ 3 cloves garlic minced
- ☐ 1 large onion chopped
- ☐ 6 servings parmesan cheese grated
- ☐ 4 plum tomatoes chopped

- ☐ 1 teaspoon thyme leaves dried crushed
- ☐ 2 medium zucchini sliced

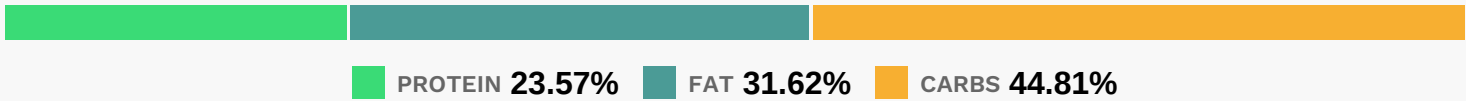
Equipment

- ☐ pot

Directions

- ☐ Place the carrots, onion, celery, garlic, thyme and 2 cups of the broth in a 6-quart saucepot.
- ☐ Heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the onion is tender.
- ☐ Add the remaining broth, zucchini, tomatoes, tortellini and beans.
- ☐ Heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the tortellini is tender.
- ☐ Serve with grated Parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:55.97, Glycemic Load:11.41, Inflammation Score:-10, Nutrition Score:20.32913038005%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 325.18kcal (16.26%), Fat: 11.69g (17.98%), Saturated Fat: 5.56g (34.77%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 29.5g (10.73%), Sugar: 8.65g (9.61%), Cholesterol: 39.3mg (13.1%), Sodium: 1449.99mg (63.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.6g (39.19%), Vitamin A: 7607.72IU (152.15%), Calcium: 372.67mg (37.27%), Phosphorus: 333.67mg (33.37%), Fiber: 7.77g (31.07%), Manganese: 0.6mg (30.08%), Vitamin C: 23.59mg (28.59%), Potassium: 745.5mg (21.3%), Vitamin B2: 0.35mg (20.81%), Vitamin K: 18.89µg (17.99%), Selenium: 12.47µg (17.81%), Vitamin B6: 0.34mg (16.82%), Zinc: 2.31mg (15.39%), Folate: 59.58µg (14.89%),

Magnesium: 59.39mg (14.85%), Vitamin B1: 0.21mg (13.67%), Iron: 2.44mg (13.58%), Copper: 0.24mg (11.89%),
Vitamin B3: 1.74mg (8.72%), Vitamin B12: 0.44µg (7.27%), Vitamin E: 0.84mg (5.61%), Vitamin B5: 0.56mg (5.59%)