



Japanese Tortellini Soup

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 ounce broccoli red frozen with teriyaki sauce, thawed
- ☐ 29 ounce oriental broth canned
- ☐ 0.3 teaspoon hot sauce
- ☐ 9 ounce cheese tortellini refrigerated

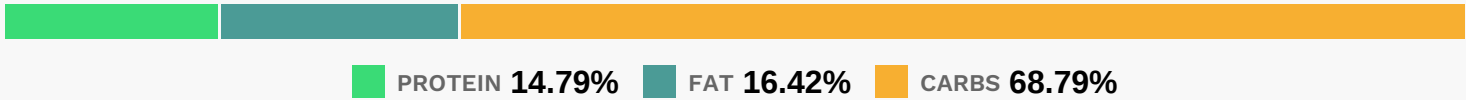
Equipment

- ☐ sauce pan

Directions

- ☐ Combine broth, seasoning packet from vegetables, tortellini, and hot sauce in a large saucepan; bring to a boil.
- ☐ Add vegetables; return to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are crisp-tender.
- ☐ Note: For frozen vegetables, we used Green Giant.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:9.21, Inflammation Score:-2, Nutrition Score:3.9043478641821%

Nutrients (% of daily need)

Calories: 198.09kcal (9.9%), Fat: 3.68g (5.67%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 30.16g (10.97%), Sugar: 5.26g (5.84%), Cholesterol: 16.16mg (5.39%), Sodium: 746.12mg (32.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.93%), Fiber: 4.56g (18.26%), Iron: 2.11mg (11.74%), Vitamin B6: 0.19mg (9.39%), Calcium: 64.72mg (6.47%), Manganese: 0.12mg (6.09%), Copper: 0.12mg (5.9%), Vitamin A: 292.13IU (5.84%), Potassium: 139.34mg (3.98%), Vitamin E: 0.59mg (3.93%), Zinc: 0.45mg (2.97%), Phosphorus: 22.7mg (2.27%), Vitamin B3: 0.43mg (2.13%), Vitamin C: 1.64mg (1.98%), Vitamin B2: 0.03mg (1.7%), Folate: 6.81µg (1.7%), Vitamin B5: 0.17mg (1.67%), Magnesium: 6.06mg (1.51%), Selenium: 0.83µg (1.19%)