



Joe's Mom's Sausage and Tortellini Soup

READY IN



130 min.

SERVINGS



8

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 5 cups beef broth
- 1 pound bulk spicy sausage italian
- 10 ounce tomato sauce canned
- 1 cup carrots grated
- 0.5 teaspoon basil dried
- 0.5 cup cooking wine dry red
- 3 tablespoons parsley fresh chopped
- 2 large cloves garlic minced

- 1 bell pepper green chopped
- 1 cup onion chopped
- 0.5 teaspoon oregano dried
- 2 cups tomatoes chopped
- 9 ounce tortellini
- 1 cup water
- 1.5 cups zucchini sliced

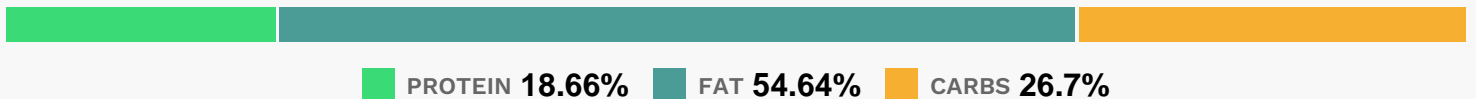
Equipment

- frying pan

Directions

- Heat a large skillet over medium-high heat and stir in the sausage, onion, and garlic. Cook and stir until the sausage is crumbly and lightly browned.
- Drain and discard any excess grease. Stir in the red wine, beef broth, and 1 cup of water.
- Add tomato, carrots, tomato sauce, basil, oregano, and bay leaf. Bring to a boil, then reduce heat to medium-low, and simmer for 30 minutes.
- Stir in the zucchini, bell pepper, and parsley. Continue simmering for 45 minutes more.
- Pour in the remaining 1 cup of water. Increase heat to medium-high, and bring to a boil. Stir in the tortellini. Cook until tender, 5 to 10 minutes. Discard bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:40.85, Glycemic Load:8.53, Inflammation Score:-10, Nutrition Score:16.273478342139%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 357.19kcal (17.86%), Fat: 21.17g (32.57%), Saturated Fat: 7.52g (47.01%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 19.66g (7.15%), Sugar: 5.71g (6.34%), Cholesterol: 55.21mg (18.4%), Sodium: 1297.39mg (56.41%), Alcohol: 1.58g (100%), Alcohol %: 0.46% (100%), Protein: 16.27g (32.53%), Vitamin A: 3368.42IU (67.37%), Vitamin C: 29.5mg (35.76%), Vitamin K: 34.69µg (33.04%), Vitamin B1: 0.39mg (25.94%), Selenium: 15.6µg (22.29%), Vitamin B3: 3.98mg (19.88%), Vitamin B6: 0.38mg (19%), Potassium: 599.69mg (17.13%), Iron: 2.62mg (14.54%), Fiber: 3.61g (14.44%), Phosphorus: 144.12mg (14.41%), Manganese: 0.26mg (13.23%), Vitamin B2: 0.2mg (11.84%), Vitamin B12: 0.62µg (10.35%), Calcium: 95.92mg (9.59%), Zinc: 1.36mg (9.06%), Folate: 33.04µg (8.26%), Magnesium: 31.97mg (7.99%), Copper: 0.16mg (7.83%), Vitamin E: 0.95mg (6.3%), Vitamin B5: 0.6mg (6.04%)