



## Minestrone Tortellini

READY IN



25 min.

SERVINGS



4

CALORIES



417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 9 oz cheese tortellini refrigerated
- 1 tablespoon vegetable oil
- 1 medium zucchini cut into 1/4-inch slices (1 1/2 cups)
- 0.5 cup bell pepper yellow coarsely chopped
- 15 oz kidney beans dark red rinsed drained canned
- 14.5 oz canned tomatoes diced with basil and garlic, undrained organic canned
- 2 tablespoons chili sauce
- 0.3 teaspoon salt
- 2 tablespoons parsley fresh chopped

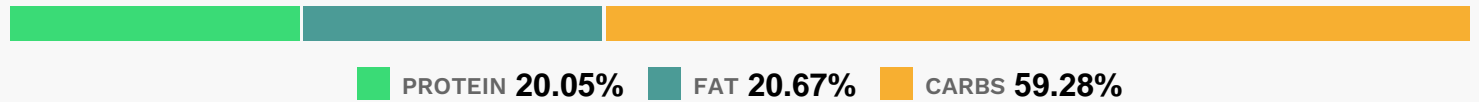
# Equipment

- frying pan

# Directions

- Cook and drain tortellini as directed on package.
- Meanwhile, heat oil in 12-inch nonstick skillet over medium-high heat.
- Add zucchini and bell pepper; cook 2 to 3 minutes, stirring frequently, until crisp-tender.
- Stir in beans, tomatoes, chili sauce and salt. Cook 4 to 5 minutes over medium heat, stirring occasionally, until thoroughly heated. Stir in tortellini.
- Sprinkle with parsley.

# Nutrition Facts



# Properties

Glycemic Index:41.57, Glycemic Load:20.03, Inflammation Score:-8, Nutrition Score:22.225217446037%

# Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg

# Nutrients (% of daily need)

Calories: 417.31kcal (20.87%), Fat: 9.88g (15.19%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 63.73g (21.24%), Net Carbohydrates: 50.58g (18.39%), Sugar: 8.89g (9.87%), Cholesterol: 24.24mg (8.08%), Sodium: 665.87mg (28.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.56g (43.12%), Vitamin C: 57.54mg (69.74%), Vitamin K: 55.93µg (53.26%), Fiber: 13.15g (52.59%), Folate: 171.88µg (42.97%), Manganese: 0.81mg (40.36%), Iron: 6.54mg (36.34%), Potassium: 935.77mg (26.74%), Copper: 0.5mg (25.2%), Phosphorus: 212mg (21.2%), Magnesium: 81.35mg (20.34%), Vitamin B6: 0.41mg (20.33%), Vitamin B1: 0.28mg (18.86%), Calcium: 169.2mg (16.92%), Vitamin E: 1.81mg (12.08%), Vitamin B3: 2.4mg (12.02%), Vitamin A: 575.68IU (11.51%), Zinc: 1.64mg (10.91%), Vitamin B2: 0.17mg (10.18%), Vitamin B5: 0.66mg (6.59%), Selenium: 2.13µg (3.04%)