



Minute Tomato Soup with Tortellini

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



224 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 21.5 ounce condensed tomato soup canned
- ☐ 1 tablespoon basil dried
- ☐ 1 teaspoon parsley dried
- ☐ 0.8 teaspoon ground pepper black
- ☐ 1 teaspoon oregano dried
- ☐ 4.5 ounces tortellini pasta fresh

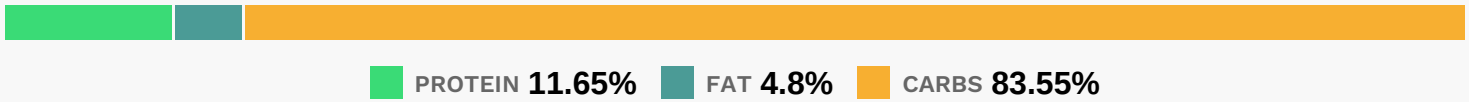
Equipment

- ☐ sauce pan

Directions

- ☐
- Prepare soup in a medium saucepan according to package directions.
- ☐
- Add the oregano, basil, parsley and ground black pepper, stirring well, over medium heat. Simmer for 5 minutes, reduce heat to low and add the tortellini. Continue to simmer for 5 more minutes, or until tortellini is cooked.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:17.48, Inflammation Score:-7, Nutrition Score:11.632173952849%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 223.56kcal (11.18%), Fat: 1.23g (1.89%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 44.69g (16.25%), Sugar: 13.43g (14.93%), Cholesterol: 0mg (0%), Sodium: 577.45mg (25.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.41%), Selenium: 24.8µg (35.43%), Manganese: 0.68mg (33.8%), Potassium: 965.74mg (27.59%), Vitamin K: 26.12µg (24.87%), Vitamin C: 19.71mg (23.89%), Fiber: 3.39g (13.55%), Iron: 2.44mg (13.54%), Vitamin A: 615.81IU (12.32%), Magnesium: 47.44mg (11.86%), Phosphorus: 111.7mg (11.17%), Copper: 0.2mg (9.89%), Vitamin B6: 0.2mg (9.81%), Vitamin B3: 1.93mg (9.64%), Vitamin B1: 0.09mg (6.32%), Calcium: 58.84mg (5.88%), Zinc: 0.81mg (5.43%), Vitamin E: 0.76mg (5.05%), Vitamin B2: 0.06mg (3.41%), Folate: 10.13µg (2.53%), Vitamin B5: 0.16mg (1.56%)