



## Oriental Spinach & Chicken Tortelloni Soup

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



8

CALORIES



120 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 cups baby spinach leaves
- 2 tsp gingerroot fresh grated
- 0.3 cup green onions thinly sliced
- 9 oz di giorno lemon chicken tortelloni in cracked pepper pasta black cooked drained
- 56 oz reduced sodium chicken broth canned

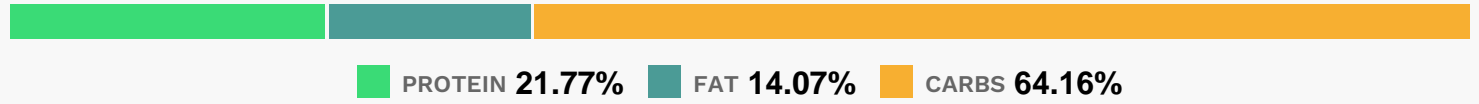
### Equipment

- sauce pan

## Directions

- Bring broth, onions and ginger to boil in large saucepan.
- Add pasta and spinach; mix well.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:13.88, Glycemic Load:4.14, Inflammation Score:-9, Nutrition Score:22.197825950125%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

## Nutrients (% of daily need)

Calories: 120.1kcal (6.01%), Fat: 2.36g (3.63%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 15.36g (5.59%), Sugar: 0.67g (0.74%), Cholesterol: 0mg (0%), Sodium: 90.18mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.41%), Manganese: 4.34mg (217.13%), Vitamin K: 203.58µg (193.88%), Vitamin A: 3018.71IU (60.37%), Fiber: 8.82g (35.28%), Copper: 0.57mg (28.41%), Iron: 4.38mg (24.31%), Potassium: 772.62mg (22.07%), Magnesium: 81.06mg (20.27%), Calcium: 181.25mg (18.13%), Vitamin B3: 3.32mg (16.6%), Folate: 65.68µg (16.42%), Phosphorus: 125.95mg (12.6%), Vitamin C: 9.04mg (10.96%), Vitamin B2: 0.18mg (10.37%), Vitamin B6: 0.17mg (8.69%), Vitamin E: 0.96mg (6.39%), Zinc: 0.75mg (5.01%), Vitamin B5: 0.47mg (4.69%), Vitamin B1: 0.06mg (3.98%), Vitamin B12: 0.2µg (3.31%), Selenium: 1.88µg (2.69%)