



Pesto Minestrone with Tortellini

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 14.5 ounce canned tomatoes diced undrained canned
- 9 ounce three-cheese tortellini fresh uncooked
- 2 cups vegetables mixed frozen
- 2 garlic cloves minced
- 2 teaspoons olive oil
- 1 cup onion diced
- 0.8 teaspoon oregano dried
- 2 tablespoons commercial pesto

- 14.5 ounce vegetable broth canned
- 2.3 cups water
- 2 cups zucchini diced

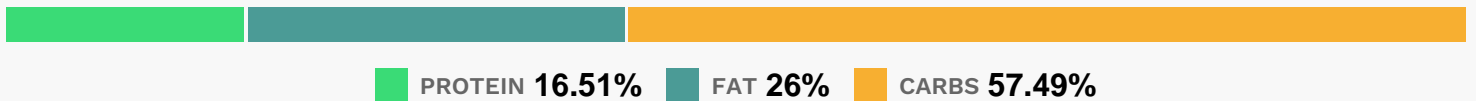
Equipment

- dutch oven

Directions

- Heat olive oil in a large Dutch oven over medium-high heat.
- Add onion, and saut 4 minutes or until tender.
- Add water and next 7 ingredients (water through broth), and bring to boil. Cover, reduce heat, and simmer 5 minutes or until zucchini is tender.
- Stir in pesto and tortellini; cover and simmer 6 minutes or until thoroughly heated and pasta is tender.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:13.59, Inflammation Score:-10, Nutrition Score:12.846521781838%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 247.62kcal (12.38%), Fat: 7.48g (11.51%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 30.79g (11.19%), Sugar: 7.13g (7.92%), Cholesterol: 16.56mg (5.52%), Sodium: 633.38mg (27.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.39%), Vitamin A: 3562.68IU (71.25%), Vitamin C: 22.3mg (27.03%), Fiber: 6.44g (25.76%), Manganese: 0.42mg (21.04%), Iron: 2.91mg (16.19%), Potassium: 484.45mg (13.84%), Vitamin B6: 0.28mg (13.78%), Calcium: 128.28mg (12.83%), Copper: 0.23mg (11.7%), Vitamin B1: 0.16mg (10.59%), Folate: 42.12µg (10.53%), Magnesium: 40.32mg (10.08%), Vitamin B3: 1.83mg (9.17%), Phosphorus: 83.19mg (8.32%), Vitamin B2: 0.14mg (7.99%), Vitamin E: 1.15mg (7.67%), Vitamin K: 8.03µg (7.64%), Zinc: 0.66mg

(4.43%), Vitamin B5: 0.42mg (4.16%), Selenium: 1.03µg (1.47%)