



Quick Fix Tortellini Soup

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce beef broth canned
- 10 ounce canned tomatoes diced with green chile peppers (such as ro*tel®) canned
- 15 ounce green beans drained canned
- 1 pound ground beef
- 6 servings salt and ground pepper black to taste
- 21.5 ounce cream of onion soup canned
- 16 ounce tri-color cheese tortellini frozen

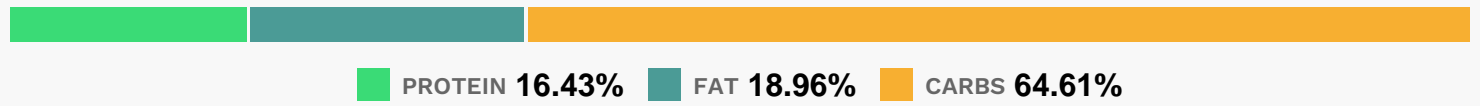
Equipment

- frying pan
- slow cooker

Directions

- Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Combine ground beef, tortellini, beef broth, cream of onion soup, diced tomatoes with green chile peppers, green beans, salt, and pepper in a slow cooker.
- Cook on High for 1 hour.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:24.1, Inflammation Score:-7, Nutrition Score:32.2447826966%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 814.38kcal (40.72%), Fat: 17.06g (26.24%), Saturated Fat: 6.28g (39.27%), Carbohydrates: 130.76g (43.59%), Net Carbohydrates: 118.14g (42.96%), Sugar: 10.63g (11.81%), Cholesterol: 53.68mg (17.89%), Sodium: 8867.3mg (385.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.25g (66.51%), Selenium: 65.55µg (93.65%), Manganese: 1.56mg (77.77%), Vitamin B6: 1.06mg (52.81%), Phosphorus: 520.96mg (52.1%), Fiber: 12.62g (50.49%), Potassium: 1327.45mg (37.93%), Vitamin B3: 7.53mg (37.65%), Zinc: 5.53mg (36.9%), Copper: 0.67mg (33.67%), Magnesium: 134.41mg (33.6%), Vitamin K: 33.5µg (31.9%), Vitamin B2: 0.54mg (31.6%), Vitamin B1: 0.44mg (29.66%), Vitamin B12: 1.71µg (28.51%), Iron: 4.68mg (26.02%), Vitamin C: 17.77mg (21.54%), Calcium: 209.36mg (20.94%), Vitamin B5: 1.76mg (17.6%), Folate: 44.95µg (11.24%), Vitamin A: 504.81IU (10.1%), Vitamin E: 0.82mg (5.45%)