



## Quick Tortellini Spinach Soup

READY IN



27 min.

SERVINGS



10

CALORIES



118 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.8 cup carrots finely chopped
- ☐ 9 ounce cheese-filled tortellini refrigerated uncooked
- ☐ 1.5 tablespoons basil or dried fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup green onions sliced 2 large
- ☐ 42.8 ounce no-salt-added chicken broth canned
- ☐ 0.3 cup parmesan cheese prep: 10 minutes; cook: 17 minutes freshly grated
- ☐ 2 cups pkt spinach fresh loosely packed coarsely chopped

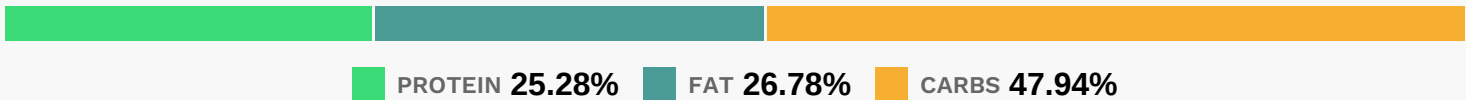
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

# Directions

- ☐ Combine first 4 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes.
- ☐ Return to a boil; add tortellini, and cook 5 minutes.
- ☐ Add spinach and green onions; reduce heat, and simmer 2 to 3 minutes. Ladle into individual soup bowls; sprinkle soup evenly with cheese.

# Nutrition Facts



# Properties

Glycemic Index:21.78, Glycemic Load:5.54, Inflammation Score:-8, Nutrition Score:7.9073912585559%

# Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

# Nutrients (% of daily need)

Calories: 117.75kcal (5.89%), Fat: 3.63g (5.58%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 12.86g (4.68%), Sugar: 1.5g (1.67%), Cholesterol: 11.4mg (3.8%), Sodium: 199.86mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Vitamin K: 50.94µg (48.51%), Vitamin A: 2240.29IU (44.81%), Calcium: 97.78mg (9.78%), Iron: 1.74mg (9.67%), Vitamin B3: 1.86mg (9.32%), Manganese: 0.14mg (7.24%), Fiber: 1.74g (6.96%), Phosphorus: 64.42mg (6.44%), Potassium: 202.71mg (5.79%), Folate: 18.72µg (4.68%), Copper: 0.09mg (4.66%), Vitamin B2: 0.07mg (4.32%), Vitamin C: 3.38mg (4.1%), Magnesium: 13.62mg (3.4%), Vitamin B6: 0.06mg (2.89%), Vitamin B12: 0.15µg (2.52%), Zinc: 0.31mg (2.09%), Vitamin E: 0.28mg (1.89%), Selenium: 0.77µg (1.09%), Vitamin B1: 0.02mg (1.09%)