



Sausage-Tortellini Soup

READY IN



60 min.

SERVINGS



38

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 beef bouillon cubes
- ☐ 8 oz tomato sauce canned
- ☐ 3 carrots sliced
- ☐ 20 oz cheese-filled tortellini refrigerated
- ☐ 1 cup cooking wine dry red
- ☐ 8 oz mushrooms fresh sliced
- ☐ 3 garlic cloves minced
- ☐ 16 oz cut green beans frozen
- ☐ 1.5 pounds sausage italian hot

- ☐ 2 teaspoons penzey's southwest seasoning dried italian
- ☐ 1 medium onion diced
- ☐ 38 servings parmesan cheese freshly grated
- ☐ 30 oz stewed tomatoes italian-style canned
- ☐ 3 medium zucchini sliced quartered

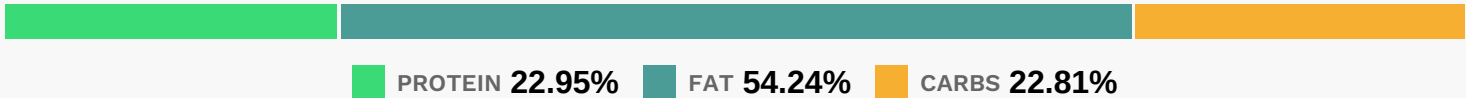
Equipment

- ☐ dutch oven

Directions

- ☐ Saut sausage, onion, and garlic in a Dutch oven over medium heat 8 minutes or until sausage crumbles and is no longer pink; drain. Stir in tomatoes, next 8 ingredients, and 10 cups water; bring to a boil. Cover, reduce heat to low, and cook 20 minutes or until carrots are crisp-tender.
- ☐ Cook tortellini according to package directions; drain. Stir into soup just before serving.
- ☐ Serve with Parmesan cheese.
- ☐ *1 lb. turkey Italian sausage may be substituted.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:3.65, Inflammation Score:-7, Nutrition Score:9.9647826163665%

Flavonoids

Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 1.66mg, Malvidin: 1.66mg, Malvidin: 1.66mg, Malvidin: 1.66mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 259.27kcal (12.96%), Fat: 15.47g (23.8%), Saturated Fat: 7.13g (44.56%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 12.99g (4.72%), Sugar: 2.75g (3.06%), Cholesterol: 45.39mg (15.13%), Sodium: 905.2mg (39.36%), Alcohol: 0.66g (100%), Alcohol %: 0.6% (100%), Protein: 14.73g (29.46%), Calcium: 309.67mg (30.97%), Vitamin A: 1243.55IU (24.87%), Phosphorus: 241.25mg (24.13%), Selenium: 15.94µg (22.77%), Zinc: 1.8mg (12.02%), Vitamin B2: 0.2mg (11.86%), Vitamin B1: 0.15mg (9.94%), Vitamin B12: 0.57µg (9.58%), Vitamin C: 7.47mg (9.05%), Vitamin K: 8.32µg (7.92%), Potassium: 272.72mg (7.79%), Iron: 1.36mg (7.58%), Vitamin B6: 0.15mg (7.55%), Manganese: 0.13mg (6.65%), Fiber: 1.65g (6.6%), Vitamin B3: 1.27mg (6.34%), Magnesium: 24.32mg (6.08%), Copper: 0.1mg (4.92%), Vitamin B5: 0.4mg (4.01%), Folate: 15.41µg (3.85%), Vitamin E: 0.54mg (3.63%), Vitamin D: 0.16µg (1.08%)