



Shrimp-Tortellini Soup

READY IN



45 min.

SERVINGS



2

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups broccoli florets
- ☐ 9 ounce cheese tortellini fresh
- ☐ 0.8 cup crimini mushrooms sliced
- ☐ 14.3 ounce chicken broth fat-free canned
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons onion red chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound shrimp deveined peeled

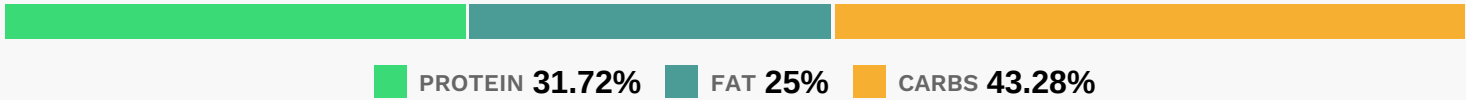
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ colander

Directions

- ☐ Bring 2 quarts water to a boil in a large saucepan.
- ☐ Add tortellini; cook 4 minutes.
- ☐ Add broccoli, and cook an additional 5 minutes or until tortellini is tender.
- ☐ Drain in a colander; set aside.
- ☐ Heat the oil in pan over medium-high heat.
- ☐ Add mushrooms, chopped onion, and shrimp; saute 3 minutes or until shrimp is done.
- ☐ Add ginger, salt, and broth; bring to a boil.
- ☐ Add tortellini mixture, and cook until thoroughly heated. Ladle soup into individual bowls, and garnish with onion rings, if desired.
- ☐ Note: Because this recipe uses only half the package of tortellini, freeze the remaining half in an airtight container.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:26.35, Inflammation Score:-6, Nutrition Score:20.78652196086%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 571.4kcal (28.57%), Fat: 16.08g (24.73%), Saturated Fat: 4.34g (27.11%), Carbohydrates: 62.63g (20.88%), Net Carbohydrates: 55.61g (20.22%), Sugar: 5.94g (6.6%), Cholesterol: 231.05mg (77.02%), Sodium: 1830.19mg (79.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.9g (91.8%), Vitamin C: 61.62mg (74.69%), Vitamin K: 72.07µg (68.64%), Phosphorus: 346.08mg (34.61%), Copper: 0.66mg (32.84%), Calcium: 301.2mg (30.12%), Fiber: 7.02g (28.1%), Iron: 4.88mg (27.09%), Manganese: 0.42mg (21.07%), Potassium: 717.9mg (20.51%), Selenium: 13.5µg (19.29%), Vitamin B2: 0.26mg (15.18%), Magnesium: 60.55mg (15.14%), Zinc: 2.17mg (14.48%), Folate: 53.73µg (13.43%), Vitamin B3: 2.65mg (13.24%), Vitamin B5: 1.05mg (10.53%), Vitamin B6: 0.19mg (9.63%), Vitamin A: 425.55IU (8.51%), Vitamin E: 1.11mg (7.42%), Vitamin B12: 0.43µg (7.18%), Vitamin B1: 0.09mg (6.21%)