



Southern Tortellini Minestrone

READY IN



62 min.

SERVINGS



10

CALORIES



229 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 oz cheese tortellini frozen
- ☐ 64 oz chicken broth
- ☐ 16 oz collard greens frozen chopped
- ☐ 0.8 cup cooking wine dry white
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 16 oz green beans frozen
- ☐ 29 oz italian-seasoned tomatoes diced canned

- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper dried red crushed

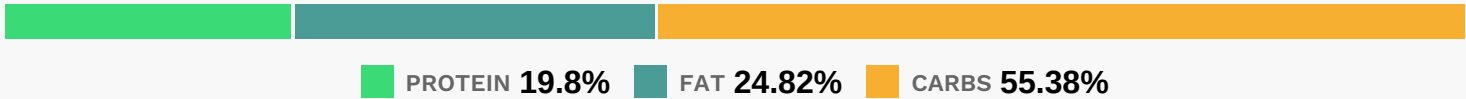
Equipment

- ☐ dutch oven

Directions

- ☐ Saut onion in hot oil in a large Dutch oven over medium heat 8 minutes or until onion is tender.
- ☐ Add garlic, and cook 1 minute. Stir in chicken broth, white wine, and tomatoes; bring to a boil over medium-high heat.
- ☐ Add green beans, collard greens, and next 3 ingredients. Reduce heat to medium, and simmer, stirring occasionally, 15 minutes.
- ☐ Add pasta, and cook 10 to 12 minutes or until pasta is done.

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:11.1, Inflammation Score:-10, Nutrition Score:18.56826096514%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 4.34mg, Kaempferol: 4.34mg, Kaempferol: 4.34mg, Kaempferol: 4.34mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 229.18kcal (11.46%), Fat: 6.23g (9.58%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 25.2g (9.17%), Sugar: 6.57g (7.29%), Cholesterol: 20.87mg (6.96%), Sodium: 888.42mg (38.63%), Alcohol: 1.85g (100%), Alcohol %: 0.54% (100%), Protein: 11.18g (22.36%), Vitamin K: 244.98µg (233.31%), Vitamin A: 3414.91IU (68.3%), Vitamin C: 35.54mg (43.08%), Manganese: 0.63mg (31.47%), Fiber: 6.06g (24.23%), Folate: 90.18µg (22.55%), Calcium: 210.09mg (21.01%), Vitamin B2: 0.24mg (13.99%), Iron: 2.39mg (13.25%), Potassium: 462.23mg (13.21%), Vitamin E: 1.98mg (13.2%), Vitamin B6: 0.24mg (12.09%), Magnesium: 38.5mg (9.63%), Vitamin B1: 0.14mg (9.29%), Vitamin B3: 1.62mg (8.11%), Copper: 0.14mg (6.95%), Phosphorus: 64.5mg (6.45%), Zinc: 0.54mg (3.6%), Vitamin B5: 0.35mg (3.47%), Selenium: 1.81µg (2.59%)