



WHATSheATE



Spinach and Artichoke Dip Tortellini Soup

READY IN



30 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts coarsely chopped canned
- ☐ 2 tablespoons butter
- ☐ 8 ounces cheese tortellini
- ☐ 4 cups chicken broth
- ☐ 2 tablespoons flour
- ☐ 2 cloves garlic chopped
- ☐ 4 ounces cream cheese low fat room temperature
- ☐ 1 cup milk
- ☐ 1 onion diced

- ☐ 0.5 cup parmigiano reggiano grated (parmesan)
- ☐ 4 servings salt and pepper to taste
- ☐ 8 ounces pkt spinach coarsely chopped

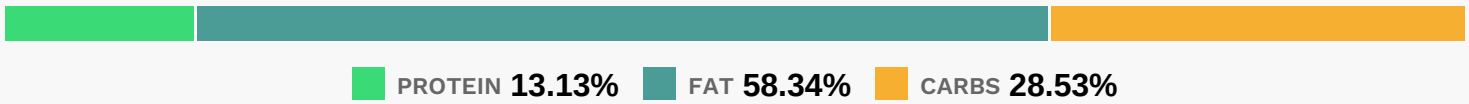
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a pan over medium heat, add the onion and cook until tender, about 5–7 minute.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Add the flour and cook for another minute.
- ☐ Add the broth, artichokes and tortellini, bring to a boil, reduce the heat and simmer until the tortellini is tender, about 10 minutes.
- ☐ Add the cheeses, let them melt, add the spinach, let it wilt, add the milk, season with salt, pepper and cayenne to taste and remove from heat.

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:15.73, Inflammation Score:-10, Nutrition Score:22.443913107333%

Flavonoids

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 609.38kcal (30.47%), Fat: 39.83g (61.28%), Saturated Fat: 23.56g (147.23%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 38.29g (13.92%), Sugar: 9.27g (10.3%), Cholesterol: 127.64mg (42.55%), Sodium: 2155.55mg (93.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.35%), Vitamin K: 276.92µg (263.73%), Vitamin A: 7121.6IU (142.43%), Calcium: 376.99mg (37.7%), Folate: 130.98µg (32.75%), Manganese:

0.6mg (30.07%), Vitamin C: 18.79mg (22.78%), Fiber: 5.53g (22.12%), Phosphorus: 208.13mg (20.81%), Vitamin B2: 0.34mg (20.17%), Iron: 3.45mg (19.18%), Magnesium: 60.82mg (15.21%), Potassium: 506.33mg (14.47%), Vitamin E: 1.97mg (13.16%), Selenium: 7.99µg (11.42%), Vitamin B6: 0.21mg (10.45%), Vitamin B12: 0.52µg (8.63%), Vitamin B1: 0.12mg (7.85%), Vitamin D: 1.1µg (7.33%), Zinc: 1.05mg (6.97%), Copper: 0.11mg (5.7%), Vitamin B5: 0.55mg (5.52%), Vitamin B3: 0.78mg (3.92%)