



Spinach Tortellini Soup

READY IN



20 min.

SERVINGS



4

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce cheese tortellini
- ☐ 29 ounce chicken broth canned
- ☐ 0.3 tablespoon basil dried
- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 0.3 tablespoon garlic powder
- ☐ 4 servings salt and pepper to taste

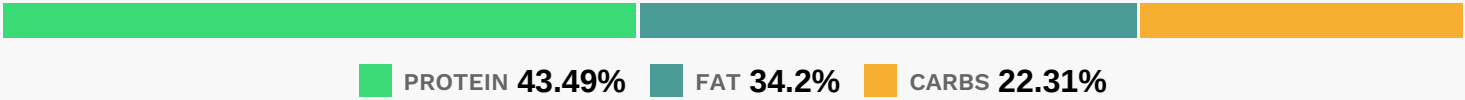
Equipment

- ☐ pot

Directions

- ☐ In a large pot over high heat, combine the spinach and chicken broth.
- ☐ Heat to boiling, then reduce heat to low. Stir in tortellini, and simmer for 10 to 15 minutes, or until the tortellini is cooked to desired tenderness. Season with basil, garlic powder, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:12.65, Inflammation Score:-10, Nutrition Score:28.166086979534%

Nutrients (% of daily need)

Calories: 601.4kcal (30.07%), Fat: 22.49g (34.6%), Saturated Fat: 6.45g (40.29%), Carbohydrates: 33g (11%), Net Carbohydrates: 28.38g (10.32%), Sugar: 2.26g (2.51%), Cholesterol: 127.01mg (42.34%), Sodium: 1514.23mg (65.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.34g (128.69%), Vitamin K: 272.67µg (259.68%), Vitamin A: 8676.32IU (173.53%), Selenium: 42.2µg (60.28%), Zinc: 5.57mg (37.12%), Phosphorus: 351.95mg (35.2%), Vitamin B12: 2.06µg (34.26%), Iron: 5.89mg (32.74%), Folate: 107.89µg (26.97%), Vitamin B3: 5.31mg (26.54%), Manganese: 0.53mg (26.44%), Vitamin B6: 0.52mg (26.2%), Magnesium: 94.37mg (23.59%), Calcium: 216.57mg (21.66%), Vitamin B2: 0.37mg (21.65%), Fiber: 4.62g (18.47%), Vitamin E: 2.74mg (18.29%), Potassium: 572.27mg (16.35%), Copper: 0.21mg (10.64%), Vitamin C: 3.91mg (4.73%), Vitamin B1: 0.07mg (4.6%), Vitamin D: 0.21µg (1.37%)