



Spinach-Tortellini Soup

READY IN



30 min.

SERVINGS



10

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce cheese-filled tortellini refrigerated
- ☐ 14.5 ounce chicken broth canned
- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 29 ounce stewed tomatoes undrained canned
- ☐ 2 extra large vegetable bouillon cubes
- ☐ 4 cups water

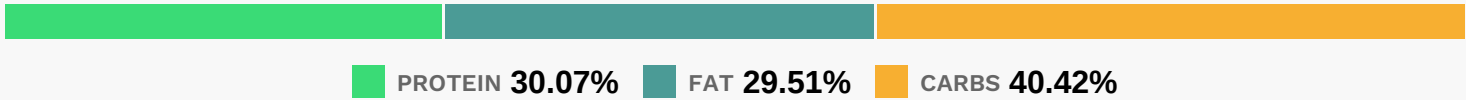
Equipment

☐ dutch oven

Directions

- ☐ Bring first 3 ingredients to a boil in a Dutch oven over medium-high heat.
- ☐ Add spinach, stewed tomatoes, and garlic, and return mixture to a boil.
- ☐ Stir in tortellini, and cook for 5 minutes.
- ☐ Sprinkle each serving evenly with shredded Parmesan cheese.
- ☐ Note: For testing purposes only, we used Knorr Vegetable Bouillon Cubes.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:10.18, Inflammation Score:-9, Nutrition Score:16.406087116055%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 287.11kcal (14.36%), Fat: 9.48g (14.58%), Saturated Fat: 3.21g (20.05%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 25.61g (9.31%), Sugar: 4.61g (5.12%), Cholesterol: 43.34mg (14.45%), Sodium: 843.15mg (36.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.46%), Vitamin K: 108.47µg (103.3%), Vitamin A: 3577.51IU (71.55%), Calcium: 205.07mg (20.51%), Iron: 3.51mg (19.51%), Selenium: 10.93µg (15.61%), Fiber: 3.61g (14.42%), Phosphorus: 128.39mg (12.84%), Manganese: 0.25mg (12.71%), Folate: 46.4µg (11.6%), Vitamin E: 1.65mg (10.98%), Magnesium: 42.16mg (10.54%), Vitamin C: 8.15mg (9.88%), Zinc: 1.48mg (9.84%), Potassium: 336.97mg (9.63%), Vitamin B2: 0.15mg (8.84%), Vitamin B3: 1.73mg (8.66%), Copper: 0.17mg (8.55%), Vitamin B12: 0.47µg (7.85%), Vitamin B6: 0.15mg (7.46%), Vitamin B1: 0.07mg (4.47%), Vitamin B5: 0.14mg (1.45%)