



Tomato Tortellini Soup

READY IN



15 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 oz cheese tortellini refrigerated
- 2 tablespoons parmesan cheese grated
- 38 oz all natural tomato soup progresso® canned

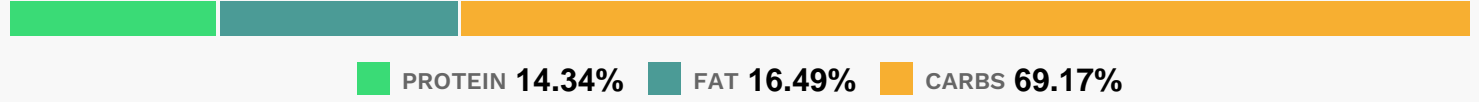
Equipment

- sauce pan

Directions

- In 3-quart saucepan, heat soup and tortellini to boiling over medium-high heat, stirring occasionally.
- Reduce heat; cover and simmer 4 to 5 minutes or until tortellini are of desired doneness.
- Sprinkle individual servings with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:26.51, Inflammation Score:-7, Nutrition Score:11.823913159902%

Flavonoids

Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 386.65kcal (19.33%), Fat: 7.31g (11.24%), Saturated Fat: 2.48g (15.52%), Carbohydrates: 68.98g (22.99%), Net Carbohydrates: 63.6g (23.13%), Sugar: 23.95g (26.61%), Cholesterol: 26.41mg (8.8%), Sodium: 1335.92mg (58.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.3g (28.61%), Potassium: 1518.18mg (43.38%), Vitamin C: 34.74mg (42.11%), Fiber: 5.39g (21.55%), Vitamin A: 1077.36IU (21.55%), Manganese: 0.37mg (18.69%), Iron: 3.23mg (17.93%), Calcium: 147.37mg (14.74%), Selenium: 8.95µg (12.79%), Vitamin B6: 0.23mg (11.68%), Vitamin B3: 2.31mg (11.56%), Phosphorus: 99.34mg (9.93%), Magnesium: 38.58mg (9.64%), Vitamin K: 8.66µg (8.25%), Vitamin B1: 0.11mg (7.59%), Copper: 0.14mg (6.78%), Vitamin E: 0.93mg (6.19%), Zinc: 0.59mg (3.95%), Vitamin B2: 0.05mg (2.88%)