



Tomato-Tortellini Soup

READY IN



45 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz canned tomatoes italian canned
- ☐ 8 oz cheese tortellini
- ☐ 31.5 oz chicken broth canned
- ☐ 0.7 cup spinach frozen thawed drained chopped
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon butter
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 cup tomato sauce

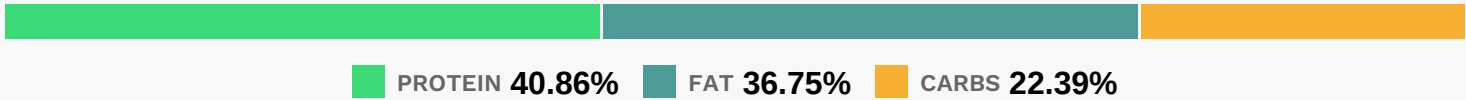
Equipment

☐ sauce pan

Directions

- ☐ Melt margarine in a saucepan over medium heat; add garlic.
- ☐ Saute for 2 minutes; stir in broth and tortellini. Bring to a boil; reduce heat.
- ☐ Mix in Parmesan cheese, salt and pepper; simmer until tortellini is tender.
- ☐ Stir in spinach, tomatoes and tomato sauce; simmer for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:7.03, Inflammation Score:-8, Nutrition Score:15.288260796796%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 345.98kcal (17.3%), Fat: 14g (21.55%), Saturated Fat: 4.12g (25.72%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 16.51g (6%), Sugar: 3.7g (4.1%), Cholesterol: 69.3mg (23.1%), Sodium: 1076.27mg (46.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.03g (70.07%), Vitamin K: 54.15µg (51.57%), Vitamin A: 1988.47IU (39.77%), Selenium: 22.97µg (32.82%), Phosphorus: 219.67mg (21.97%), Zinc: 3.18mg (21.23%), Vitamin B12: 1.16µg (19.34%), Iron: 3.27mg (18.16%), Vitamin B3: 3.54mg (17.68%), Vitamin B6: 0.34mg (17.16%), Calcium: 122.43mg (12.24%), Potassium: 422.84mg (12.08%), Magnesium: 44.97mg (11.24%), Manganese: 0.22mg (11.2%), Vitamin B2: 0.19mg (11.18%), Vitamin E: 1.67mg (11.12%), Fiber: 2.68g (10.74%), Copper: 0.19mg (9.55%), Vitamin C: 6.87mg (8.33%), Folate: 29.38µg (7.34%), Vitamin B1: 0.06mg (3.85%), Vitamin B5: 0.22mg (2.21%)