



 **78%**  
HEALTH SCORE

## Tortellini and Bean Soup

 Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 cups water
- 2 vegetable cube
- 14.5 oz canned tomatoes diced with basil, garlic and oregano, undrained canned
- 1 cup bay leaves frozen
- 15.5 oz kidney beans rinsed drained canned
- 9 oz cheese tortellini refrigerated

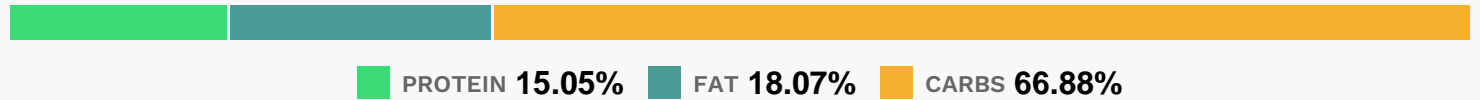
### Equipment

- sauce pan

## Directions

- In large saucepan, combine water, bouillon and tomatoes. Bring to a boil over medium-high heat.
- Add spinach, beans and tortellini; return to a boil. Reduce heat; boil gently 5 minutes or until tortellini is tender and soup is thoroughly heated, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:20.18, Inflammation Score:-10, Nutrition Score:34.740435164908%

## Nutrients (% of daily need)

Calories: 512.17kcal (25.61%), Fat: 11.55g (17.77%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 96.21g (32.07%), Net Carbohydrates: 70.41g (25.61%), Sugar: 8.48g (9.42%), Cholesterol: 24.24mg (8.08%), Sodium: 1057.67mg (45.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.31%), Manganese: 5.34mg (266.91%), Iron: 29.77mg (165.38%), Fiber: 25.79g (103.18%), Vitamin A: 3879.19IU (77.58%), Calcium: 656.55mg (65.66%), Vitamin B6: 1.27mg (63.56%), Vitamin C: 37.84mg (45.86%), Folate: 148.39µg (37.1%), Magnesium: 126.56mg (31.64%), Copper: 0.63mg (31.44%), Potassium: 899.62mg (25.7%), Vitamin B2: 0.38mg (22.12%), Phosphorus: 216.17mg (21.62%), Zinc: 3.17mg (21.12%), Vitamin B3: 2.98mg (14.92%), Vitamin B1: 0.2mg (13.26%), Vitamin K: 9.95µg (9.48%), Vitamin E: 1.31mg (8.71%), Selenium: 3.48µg (4.97%), Vitamin B5: 0.43mg (4.29%)