



WHATSheATE



Tortellini, Bean and Pesto Soup

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons basil pesto
- ☐ 2 tablespoons butter
- ☐ 19 oz beans red rinsed drained progresso® canned
- ☐ 1 medium carrots cut into julienne strips
- ☐ 0.5 cup celery stalks chopped
- ☐ 10 ounces cheese tortellini dried ()
- ☐ 2 teaspoons chicken soup base
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove finely chopped

- ☐ 0.5 cup onion chopped
- ☐ 6 tablespoons parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper
- ☐ 6 cups water

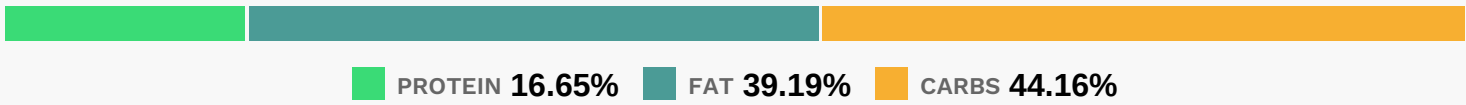
Equipment

- ☐ dutch oven

Directions

- ☐ Melt butter in 4-quart Dutch oven over medium-low heat. Cook garlic, carrot, onion and celery in butter 10 minutes, stirring occasionally.
- ☐ Stir in water and bouillon granules.
- ☐ Heat to boiling; reduce heat. Stir in beans and tortellini. Cover and simmer about 20 minutes, stirring occasionally, until tortellini are tender.
- ☐ Stir in parsley and pepper. Top each serving with pesto and cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.31, Glycemic Load:14.5, Inflammation Score:-9, Nutrition Score:10.22434770737%

Flavonoids

Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 345.97kcal (17.3%), Fat: 15.2g (23.39%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 31.04g (11.29%), Sugar: 4.75g (5.28%), Cholesterol: 23.59mg (7.86%), Sodium: 892.39mg (38.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.07%), Vitamin A: 2305.75IU (46.12%), Fiber:

7.49g (29.97%), Calcium: 182.97mg (18.3%), Vitamin K: 18.71µg (17.81%), Manganese: 0.33mg (16.35%), Iron: 2.58mg (14.31%), Phosphorus: 139.77mg (13.98%), Copper: 0.19mg (9.41%), Potassium: 327.32mg (9.35%), Magnesium: 35.64mg (8.91%), Folate: 32.44µg (8.11%), Vitamin B1: 0.11mg (7.59%), Vitamin B6: 0.12mg (6.01%), Zinc: 0.87mg (5.8%), Vitamin B2: 0.1mg (5.74%), Selenium: 3.11µg (4.44%), Vitamin C: 3.62mg (4.39%), Vitamin B3: 0.62mg (3.1%), Vitamin B5: 0.21mg (2.13%), Vitamin E: 0.29mg (1.93%), Vitamin B12: 0.07µg (1.24%)