



## Tortellini in Parmesan Broth

READY IN



60 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 sprigs parsley fresh
- 6 cups chicken stock see
- 0.3 pound parmesan with (roughly 3- by 3-inch) rind
- 3 ounces baby spinach loosely packed cut into 1/2-inch-wide strips
- 4 large garlic clove thinly sliced
- 1 cup tortellini (24 to 36)
- 1 tablespoon olive oil extra virgin extra-virgin

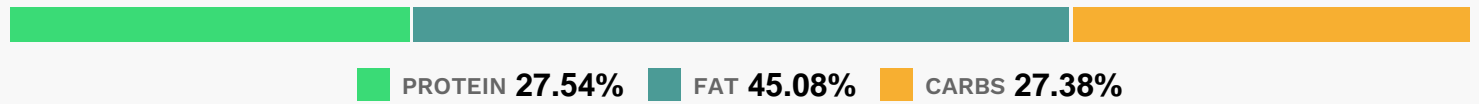
### Equipment

pot

## Directions

- Cut rind off cheese.
- Combine rind, stock, garlic, parsley, and oil in a 3-quart pot, then simmer gently, partially covered, 30 minutes. Discard parsley and rind and season broth with salt.
- Add tortellini and simmer, partially covered, until al dente, about 10 minutes.
- Add spinach and simmer, uncovered, 1 minute. Divide among 4 soup plates, then shave cheese over soup to taste.

## Nutrition Facts



## Properties

Glycemic Index:42.75, Glycemic Load:5.96, Inflammation Score:-9, Nutrition Score:20.721738856772%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

## Nutrients (% of daily need)

Calories: 400.85kcal (20.04%), Fat: 19.94g (30.68%), Saturated Fat: 8.6g (53.76%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 25.68g (9.34%), Sugar: 6.86g (7.62%), Cholesterol: 46.57mg (15.52%), Sodium: 1253.29mg (54.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.42g (54.83%), Vitamin K: 122.62µg (116.78%), Calcium: 523.74mg (52.37%), Vitamin A: 2384.27IU (47.69%), Phosphorus: 375.12mg (37.51%), Vitamin B3: 5.98mg (29.89%), Vitamin B2: 0.48mg (28%), Selenium: 17.06µg (24.38%), Vitamin B6: 0.33mg (16.68%), Folate: 63.5µg (15.88%), Potassium: 549.02mg (15.69%), Iron: 2.45mg (13.61%), Manganese: 0.25mg (12.5%), Magnesium: 49.08mg (12.27%), Copper: 0.24mg (12.23%), Zinc: 1.7mg (11.34%), Vitamin B1: 0.16mg (10.95%), Vitamin C: 8.96mg (10.86%), Vitamin E: 1.14mg (7.58%), Vitamin B12: 0.45µg (7.56%), Fiber: 1.57g (6.28%), Vitamin B5: 0.21mg (2.07%), Vitamin D: 0.19µg (1.26%)