



Tortellini Minestrone Soup

READY IN



95 min.

SERVINGS



8

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce canned tomatoes whole peeled cut into pieces canned
- ☐ 2 cups carrots thinly sliced
- ☐ 1 cup celery thinly sliced
- ☐ 0.8 cup cooking wine dry red
- ☐ 2 cloves garlic minced
- ☐ 1.5 pounds sausage italian
- ☐ 1 cup catsup
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 cup onion chopped

- ☐ 0.3 cup parmesan cheese grated to taste
- ☐ 9 ounce cheese tortellini refrigerated
- ☐ 2 cups zucchini thinly sliced

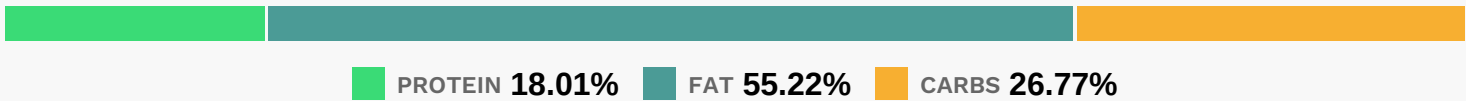
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven or large skillet over medium–high heat. Cook and stir sausage in the Dutch oven until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- ☐ Add onion and garlic; cook and stir until onion is tender, 5 to 10 minutes.
- ☐ Stir chicken broth, tomatoes, carrots, celery, ketchup, and red wine into sausage mixture; bring to a boil. Reduce heat, cover, and simmer until carrots and celery are tender, about 30 minutes.
- ☐ Add tortellini and zucchini to the soup and cover; simmer until zucchini are tender, 25 to 30 more minutes. Ladle soup into serving bowls and top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:28.6, Glycemic Load:8.12, Inflammation Score:-10, Nutrition Score:20.367391383194%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg

1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg
Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.07mg, Quercetin: 5.07mg,
Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 522.82kcal (26.14%), Fat: 31.62g (48.64%), Saturated Fat: 11.34g (70.9%), Carbohydrates: 34.5g (11.5%),
Net Carbohydrates: 30.87g (11.22%), Sugar: 12.18g (13.53%), Cholesterol: 79.48mg (26.49%), Sodium: 1256.68mg
(54.64%), Alcohol: 2.36g (100%), Alcohol %: 0.6% (100%), Protein: 23.2g (46.4%), Vitamin A: 5712.34IU (114.25%),
Vitamin B1: 0.56mg (37.41%), Vitamin B3: 6.55mg (32.74%), Selenium: 22.8µg (32.58%), Vitamin B6: 0.52mg
(26.15%), Phosphorus: 245.21mg (24.52%), Potassium: 812.38mg (23.21%), Vitamin C: 17.75mg (21.51%), Vitamin B2:
0.35mg (20.52%), Iron: 3.15mg (17.49%), Vitamin B12: 0.99µg (16.55%), Zinc: 2.2mg (14.67%), Fiber: 3.63g (14.53%),
Calcium: 143.75mg (14.37%), Manganese: 0.28mg (13.87%), Copper: 0.27mg (13.47%), Vitamin K: 11.95µg (11.38%),
Magnesium: 37.9mg (9.48%), Folate: 36.11µg (9.03%), Vitamin E: 1.13mg (7.51%), Vitamin B5: 0.74mg (7.36%)