



Tortellini & pesto minestrone

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 l strong vegetable stock
- ☐ 500 g pack spinach & ricotta tortellini
- ☐ 500 g spring greens shredded washed and finely
- ☐ 140 g peas fresh ()
- ☐ 4 tbsp pesto

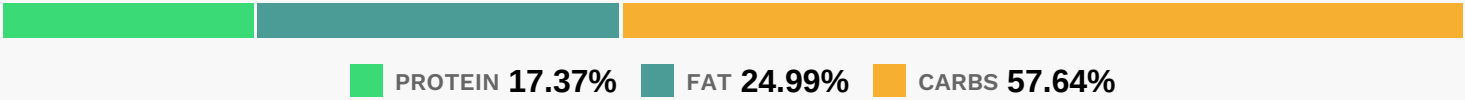
Equipment

- ☐ bowl
- ☐ frying pan

Directions

☐ Bring the stock to the boil in a large pan. Tip in the pasta and cook following pack instructions, throwing in the spring greens and peas with 1–2 mins to go. When the vegetables are tender, pasta is cooked and broth is piping hot, spoon into bowls. Top with a dollop of remaining pesto, a good grind of black pepper and serve.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:3.5, Inflammation Score:-9, Nutrition Score:12.867826111939%

Nutrients (% of daily need)

Calories: 502.52kcal (25.13%), Fat: 14.03g (21.58%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 72.78g (24.26%), Net Carbohydrates: 67.05g (24.38%), Sugar: 9.13g (10.15%), Cholesterol: 59.95mg (19.98%), Sodium: 2300.68mg (100.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.93g (43.86%), Vitamin A: 3137.29IU (62.75%), Vitamin C: 43mg (52.12%), Calcium: 285.02mg (28.5%), Fiber: 5.74g (22.94%), Iron: 3.5mg (19.45%), Folate: 69µg (17.25%), Manganese: 0.33mg (16.36%), Vitamin B1: 0.13mg (8.71%), Phosphorus: 86.55mg (8.65%), Potassium: 300.4mg (8.58%), Vitamin K: 8.68µg (8.27%), Vitamin B6: 0.16mg (7.96%), Vitamin B3: 1.42mg (7.1%), Vitamin B2: 0.11mg (6.39%), Magnesium: 25.3mg (6.32%), Copper: 0.12mg (6.2%), Zinc: 0.7mg (4.64%), Vitamin B5: 0.19mg (1.86%), Selenium: 1.13µg (1.61%)