



Tortellini Soup

READY IN



60 min.

SERVINGS



1

CALORIES



2205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 0.5 cup carrots chopped
- 1 cup celery stalks chopped
- 18 oz cheese tortellini dried
- 64 oz chicken broth (8 cups)
- 2 tablespoons parsley fresh chopped
- 2 garlic clove finely chopped
- 1 teaspoon grating nutmeg whole freshly grated
- 0.3 cup onion chopped

- 1 serving parmesan cheese freshly grated
- 0.5 teaspoon pepper
- 4 cups water

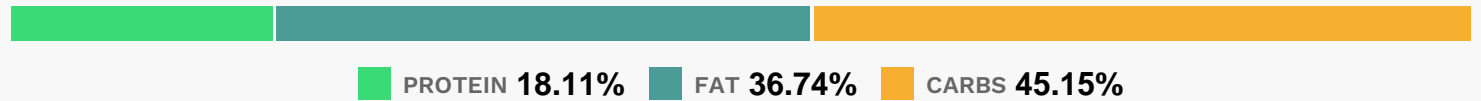
Equipment

- dutch oven

Directions

- Melt butter in 6-quart Dutch oven over medium-low heat. Cover and cook garlic, celery, carrot and onion in butter 10 minutes, stirring occasionally.
- Stir in broth and water.
- Heat to boiling; reduce heat. Stir in tortellini. Cover and simmer about 20 minutes, stirring occasionally, until tortellini are tender.
- Stir in parsley, pepper and nutmeg. Cover and simmer 10 minutes. Top each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:319.83, Glycemic Load:105.5, Inflammation Score:-10, Nutrition Score:41.603043431821%

Flavonoids

Apigenin: 20.12mg, Apigenin: 20.12mg, Apigenin: 20.12mg, Apigenin: 20.12mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 1.32mg, Myricetin: 1.32mg, Myricetin: 1.32mg, Myricetin: 1.32mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 2205.36kcal (110.27%), Fat: 90.61g (139.4%), Saturated Fat: 26.82g (167.6%), Carbohydrates: 250.53g (83.51%), Net Carbohydrates: 225.99g (82.18%), Sugar: 28.9g (32.11%), Cholesterol: 256.3mg (85.43%), Sodium: 10046.93mg (436.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 100.5g (200.99%), Vitamin A: 13626.23IU (272.52%), Vitamin K: 171.65µg (163.48%), Calcium: 1201.56mg (120.16%), Fiber: 24.54g (98.15%), Iron:

15.65mg (86.95%), Vitamin B2: 1.31mg (77.2%), Manganese: 1.41mg (70.3%), Phosphorus: 350.33mg (35.03%),
Vitamin B1: 0.5mg (33.47%), Potassium: 1013.9mg (28.97%), Copper: 0.58mg (28.95%), Selenium: 19.37µg (27.67%),
Vitamin C: 22.52mg (27.3%), Vitamin B3: 5.19mg (25.95%), Zinc: 3.23mg (21.51%), Vitamin E: 2.96mg (19.73%),
Magnesium: 73.03mg (18.26%), Folate: 72.37µg (18.09%), Vitamin B6: 0.33mg (16.34%), Vitamin B12: 0.81µg (13.5%),
Vitamin B5: 0.85mg (8.5%)