



Tortellini Soup

READY IN



45 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup carrots peeled chopped
- ☐ 0.5 cup celery stalks chopped
- ☐ 0.5 cup onion chopped
- ☐ 2 garlic clove finely chopped
- ☐ 64 oz chicken broth reduced-sodium (8 cups)
- ☐ 9 oz cheese tortellini refrigerated
- ☐ 1 cup roasted chicken cooked chopped
- ☐ 2 cups baby spinach fresh packed

- ☐ 2 tablespoons parsley fresh italian chopped (flat-leaf)
- ☐ 0.3 teaspoon pepper
- ☐ 1 serving parmesan cheese freshly grated

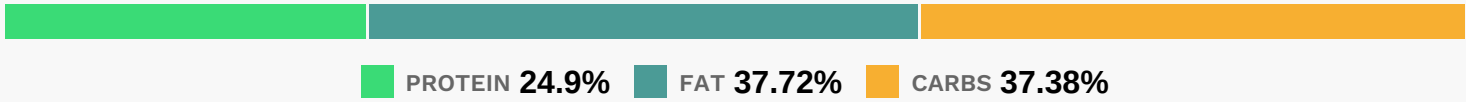
Equipment

- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, melt butter over medium-high heat.
- ☐ Add carrots, celery and onion; cook 6 to 8 minutes, stirring occasionally, until beginning to brown on edges. Stir in garlic; cook 30 seconds.
- ☐ Stir in broth.
- ☐ Heat to boiling; reduce heat. Stir in tortellini and chicken. Simmer 7 to 9 minutes, stirring occasionally, until tortellini are tender.
- ☐ Stir in spinach, parsley and pepper. Top each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:55.31, Glycemic Load:9.57, Inflammation Score:-10, Nutrition Score:15.157826078327%

Flavonoids

Apigenin: 3.11mg, Apigenin: 3.11mg, Apigenin: 3.11mg, Apigenin: 3.11mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 263.61kcal (13.18%), Fat: 11.12g (17.1%), Saturated Fat: 4.85g (30.33%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 21.9g (7.96%), Sugar: 4.25g (4.72%), Cholesterol: 54.09mg (18.03%), Sodium: 1472.27mg (64.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.51g (33.03%), Vitamin A: 4828.05IU (96.56%), Vitamin K: 76.07µg (72.44%), Manganese: 0.32mg (16.14%), Vitamin B2: 0.27mg (16.1%), Calcium: 147.78mg (14.78%), Vitamin

B3: 2.86mg (14.28%), Selenium: 9.12µg (13.02%), Iron: 2.09mg (11.61%), Fiber: 2.88g (11.52%), Phosphorus: 110.4mg (11.04%), Vitamin B6: 0.18mg (9.24%), Vitamin C: 7.4mg (8.97%), Potassium: 296.11mg (8.46%), Folate: 32.69µg (8.17%), Vitamin B1: 0.11mg (7.5%), Zinc: 0.95mg (6.34%), Magnesium: 23.55mg (5.89%), Copper: 0.1mg (4.87%), Vitamin E: 0.64mg (4.24%), Vitamin B5: 0.39mg (3.9%), Vitamin B12: 0.2µg (3.39%)