



Tortellini Soup

READY IN



15 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 carrots cut into thin rounds
- ☐ 3.5 pound meat from a rotisserie chicken cut into 8 pieces
- ☐ 0.8 teaspoon kosher salt
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 ounce parmesan grated
- ☐ 0.5 bunch swiss chard
- ☐ 8 ounce tortellini

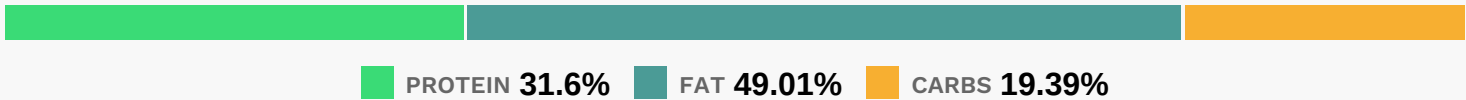
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Rinse the chicken pieces and remove the skin.
- ☐ Place them in a large saucepan.
- ☐ Add the broth and 2 cups of water. Bring to a boil. Reduce heat and simmer gently until the chicken is cooked through, about 35 minutes. Skim any foam that rises to the surface.
- ☐ Transfer the chicken to a plate; let cool. Shred the meat; discard the bones. Meanwhile, strain the broth and return it to the saucepan. Bring to a boil.
- ☐ Add the carrots, Swiss chard, tortellini, salt, and pepper. Simmer according to the tortellini's package directions. When the tortellini are done, add the chicken and heat for 3 minutes. Ladle the soup into bowls and sprinkle with the Parmesan.

Nutrition Facts



Properties

Glycemic Index:46.96, Glycemic Load:12.53, Inflammation Score:-10, Nutrition Score:29.947391313055%

Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 690.29kcal (34.51%), Fat: 37.62g (57.87%), Saturated Fat: 11.62g (72.61%), Carbohydrates: 33.49g (11.16%), Net Carbohydrates: 29.85g (10.85%), Sugar: 3.96g (4.4%), Cholesterol: 169.25mg (56.42%), Sodium: 1136.14mg (49.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.58g (109.16%), Vitamin K: 318.46µg (303.29%), Vitamin A: 7711.58IU (154.23%), Vitamin B3: 18.28mg (91.38%), Phosphorus: 463.56mg (46.36%), Selenium: 29.4µg

(42%), Vitamin B6: 0.79mg (39.41%), Iron: 4.74mg (26.36%), Potassium: 912.5mg (26.07%), Vitamin B2: 0.41mg (24.12%), Calcium: 229.27mg (22.93%), Zinc: 3.26mg (21.7%), Magnesium: 79.02mg (19.76%), Vitamin C: 16.1mg (19.51%), Vitamin B5: 1.92mg (19.15%), Copper: 0.36mg (17.86%), Vitamin B12: 1.03µg (17.16%), Fiber: 3.64g (14.56%), Manganese: 0.24mg (11.78%), Vitamin B1: 0.15mg (10.16%), Vitamin E: 1.5mg (9.99%), Folate: 22.99µg (5.75%), Vitamin D: 0.42µg (2.78%)