

Tortellini Soup II

READY IN



50 min.

SERVINGS



6

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups cabbage shredded
- ☐ 14.5 ounce canned tomatoes with juice canned
- ☐ 2 cups cheese tortellini
- ☐ 2 teaspoons basil dried
- ☐ 1 ounce onion soup mix dry
- ☐ 21 ounce sausage sweet italian
- ☐ 4 tomatoes diced
- ☐ 5 cups water

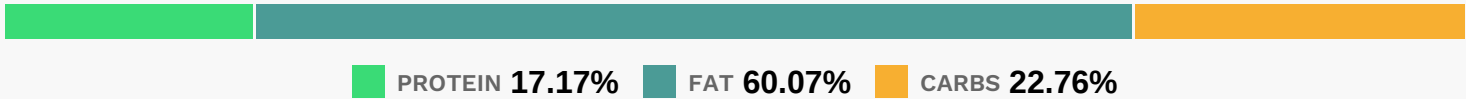
Equipment

☐ pot

Directions

- ☐ In a large pot over medium high heat, saute the sausage for 5 minutes, or until browned and crumbly.
- ☐ Pour in the water, stewed tomatoes, basil, onion soup mix and fresh tomatoes.
- ☐ Bring just to a boil, reduce heat to low and simmer for 15 minutes. Stir in the tortellini and cabbage. Simmer for 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:9.93, Inflammation Score:-7, Nutrition Score:19.416521860206%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 513.25kcal (25.66%), Fat: 34.51g (53.09%), Saturated Fat: 12.25g (76.53%), Carbohydrates: 29.43g (9.81%), Net Carbohydrates: 24.49g (8.9%), Sugar: 7.51g (8.34%), Cholesterol: 88.84mg (29.61%), Sodium: 1369.07mg (59.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.2g (44.4%), Vitamin B1: 0.68mg (45.34%), Vitamin K: 42.49µg (40.47%), Vitamin C: 32.49mg (39.39%), Selenium: 25.37µg (36.24%), Vitamin B6: 0.54mg (27.07%), Vitamin B3: 4.72mg (23.58%), Potassium: 748.45mg (21.38%), Iron: 3.71mg (20.59%), Phosphorus: 202.48mg (20.25%), Manganese: 0.4mg (19.82%), Fiber: 4.94g (19.76%), Vitamin A: 867.85IU (17.36%), Copper: 0.31mg (15.75%), Zinc: 2.26mg (15.07%), Vitamin B12: 0.9µg (15.05%), Vitamin B2: 0.25mg (14.64%), Calcium: 133.49mg (13.35%), Magnesium: 47.99mg (12%), Folate: 45.23µg (11.31%), Vitamin E: 1.39mg (9.29%), Vitamin B5: 0.89mg (8.87%)