



WHATSheATE

Tortellini Soup III

READY IN



30 min.

SERVINGS



5

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce chicken broth canned
- ☐ 16 ounce cheese tortellini thawed prepared
- ☐ 2 teaspoons chives fresh minced
- ☐ 5 servings salt to taste
- ☐ 2 cups water

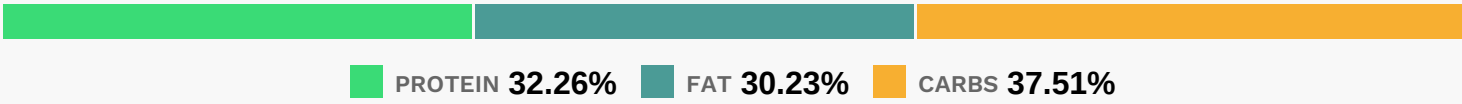
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan, bring the water and chicken broth to a boil.
- ☐ Mix in the cheese tortellini, chives and salt. Cook 10 minutes, until the tortellini floats to the top.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:17.97, Inflammation Score:-1, Nutrition Score:6.5665217575658%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 434.35kcal (21.72%), Fat: 14.37g (22.11%), Saturated Fat: 4.39g (27.44%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 36.67g (13.34%), Sugar: 2.55g (2.83%), Cholesterol: 75.58mg (25.19%), Sodium: 988.52mg (42.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.51g (69.02%), Selenium: 15.13µg (21.62%), Iron: 3.39mg (18.83%), Calcium: 143.2mg (14.32%), Fiber: 3.46g (13.83%), Zinc: 2.07mg (13.78%), Vitamin B12: 0.82µg (13.7%), Phosphorus: 126.02mg (12.6%), Vitamin B3: 1.98mg (9.88%), Vitamin B6: 0.16mg (7.84%), Vitamin B2: 0.08mg (4.86%), Magnesium: 16.74mg (4.18%), Potassium: 127.01mg (3.63%), Vitamin A: 162.93IU (3.26%), Copper: 0.06mg (2.85%), Vitamin K: 2.74µg (2.61%), Vitamin E: 0.26mg (1.76%)