



WHATSheATE



Tortellini Tomato Spinach Soup



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce canned tomatoes whole coarsely chopped canned
- ☐ 4 cups chicken broth
- ☐ 1 garlic clove minced
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion minced ()
- ☐ 4 servings cracked pepper black
- ☐ 10 ounces pkt spinach fresh

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9 ounce tortellini dried fresh

Equipment

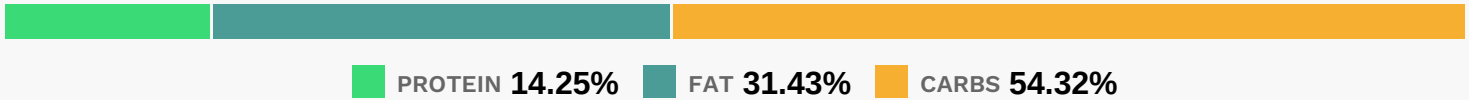
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pot

Directions

- ☐ In a soup pot, heat olive oil over medium high heat.2
- ☐ Saute the onion and garlic, stirring often until onions are translucent, about 5 to 7 minutes.3
- ☐ Add broth and tomatoes, turn heat up to high, and bring to a boil.4
- ☐ Add the tortellini and cook according to package instructions.5 When tortellini is almost done, add spinach and taste, adjusting seasonings with salt and pepper.6
- ☐ Serve immediately.7
- ☐ Garnish each serving with a sprinkling of Parmesan.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:3.88, Inflammation Score:-10, Nutrition Score:21.816956685937%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 366.53kcal (18.33%), Fat: 13.33g (20.51%), Saturated Fat: 3.43g (21.45%), Carbohydrates: 51.83g (17.28%), Net Carbohydrates: 44.06g (16.02%), Sugar: 9.98g (11.08%), Cholesterol: 40.19mg (13.4%), Sodium: 1887.84mg (82.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.2%), Vitamin K: 271.27µg (258.36%), Vitamin A: 9139.1IU (182.78%), Manganese: 0.73mg (36.61%), Fiber: 7.77g (31.06%), Folate: 119.51µg (29.88%), Vitamin E: 3.81mg (25.37%), Calcium: 222.93mg (22.29%), Iron: 3.54mg (19.69%), Magnesium: 75.36mg (18.84%), Vitamin C: 14.74mg (17.87%), Potassium: 569.56mg (16.27%), Vitamin B6: 0.3mg (15.22%), Copper: 0.3mg (14.76%), Vitamin B2: 0.22mg (12.75%), Vitamin B1: 0.15mg (10.12%), Vitamin B3: 1.6mg (8.01%), Phosphorus: 73.59mg (7.36%), Selenium:

5.06µg (7.23%), Zinc: 0.71mg (4.73%), Vitamin B5: 0.37mg (3.73%)