



Tuscan Soup with Tortellini

READY IN



20 min.

SERVINGS



6

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce .5 can cannellini beans drained and rinsed canned
- 14.5 ounce canned tomatoes diced canned
- 2 tablespoons canola oil
- 16 ounce cheese tortellini frozen
- 6 servings serving suggestion: herb focaccia
- 2 teaspoons garlic chopped
- 1 tablespoon penzey's southwest seasoning italian
- 14.5 ounce less sodium beef broth canned
- 1 medium onion chopped

- 0.5 teaspoon pepper flakes red
- 6 servings salt and pepper black freshly ground
- 16 ounce vegetable blend frozen italian
- 3 cups water

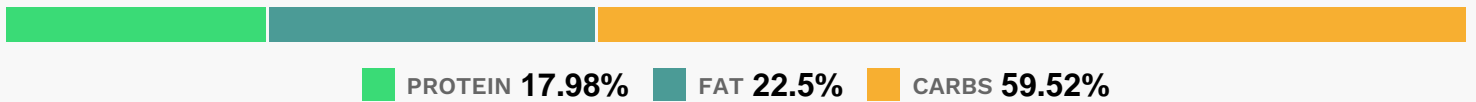
Equipment

- bowl
- ladle
- oven
- pot

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- In a large pot, heat the oil over medium heat and add the onion, garlic, and red pepper flakes.
- Saute for 2 minutes, then add the beef broth and 3 cups of water.
- Add all of the remaining ingredients, except the tortellini. Bring to a boil, then reduce the heat and let simmer for 5 minutes.
- Add the tortellini and simmer until the tortellini are cooked, another 5 minutes. Season with salt and pepper, to taste. Ladle into serving bowls and serve with Herb Focaccia, if desired.

Nutrition Facts



Properties

Glycemic Index:49.83, Glycemic Load:29.33, Inflammation Score:-10, Nutrition Score:18.881738952968%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 522.18kcal (26.11%), Fat: 13.44g (20.68%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 80.01g (26.67%), Net Carbohydrates: 68.15g (24.78%), Sugar: 6.66g (7.4%), Cholesterol: 28.73mg (9.58%), Sodium: 755.11mg (32.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.17g (48.35%), Vitamin A: 4050.8IU (81.02%), Fiber: 11.86g (47.44%), Manganese: 0.77mg (38.62%), Iron: 6.06mg (33.65%), Potassium: 865.65mg (24.73%), Calcium: 224.78mg (22.48%), Folate: 82.45µg (20.61%), Copper: 0.4mg (19.87%), Vitamin C: 15.85mg (19.22%), Magnesium: 73.93mg (18.48%), Vitamin E: 2.45mg (16.36%), Vitamin B1: 0.22mg (14.94%), Phosphorus: 139.76mg (13.98%), Vitamin K: 14.62µg (13.93%), Vitamin B6: 0.28mg (13.77%), Vitamin B3: 1.95mg (9.76%), Zinc: 1.4mg (9.36%), Vitamin B2: 0.14mg (8.14%), Vitamin B5: 0.48mg (4.84%), Selenium: 2.16µg (3.08%)