

Tortellini en Brodo

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Servings: 6

5 cups reduced-sodium chicken broth
1 cup water
1 package (20 ounce) refrigerated herb chicken tortellini (such as Buitoni)
1 pound plum tomatoes, seeds removed and chopped
1 cup frozen peas, thawed
1 bag (6 ounce) baby spinach
shredded basil (optional)
shaved Parmesan cheese (optional)

Preparation Time: 5 minutes

Cook Time: 10 minutes

Place the broth and water in a large pot and bring to a boil.

Add the tortellini and tomatoes. Simmer for 7 to 9 minutes or until the tortellini are tender.

Stir in the peas. Add the spinach gradually.

Sprinkle the basil and Parmesan over the top, if desired.

Serve immediately.

Per Serving (excluding unknown items): 33 Calories; trace Fat (7.7% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 34mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable.

Soups and Chili

Per Serving Nutritional Analysis

Calories (kcal):	33
% Calories from Fat:	7.7%
% Calories from Carbohydrates:	72.0%
% Calories from Protein:	20.3%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	23mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0%

Carbohydrate (g):	6g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	34mg
Potassium (mg):	189mg
Calcium (mg):	10mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	17mg
Vitamin A (i.u.):	603IU
Vitamin A (r.e.):	60RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	33	Calories from Fat: 3
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	34mg	1%
Total Carbohydrates	6g	2%
Dietary Fiber	2g	8%
Protein	2g	

Vitamin A	12%
Vitamin C	29%
Calcium	1%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.