



Chicken Tortellini Soup

Ingredients

4 cups low sodium chicken broth

1 cup frozen mixed vegetables

¼ teaspoon thyme

¼ teaspoon marjoram

¼ teaspoon basil

1 cup cut-up (bite size) cooked chicken

1 cup cheese tortellini

salt and pepper to taste

Makes 6 servings

Instructions

1. In a large saucepan, combine broth, vegetables and seasonings.
2. Bring to a boil. Add tortellini, reduce heat and simmer 12 to 25 minutes or until vegetables and tortellini are tender.
3. Add cooked chicken to soup and heat through. Add salt and pepper to taste, if desired.

Nutrition Facts

Serving Size 1 1/4 cup
Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 480mg **20%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 12g

Vitamin A 6% • Vitamin C 2%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

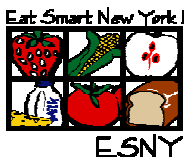
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

15% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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