

Tortellini Soup with Chicken

*Paula macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers*

*1 cup boneless/ skinless chicken
breast, diced
1 tablespoon butter
2/3 cup carrots, diced
1 cup celery, diced
1 cup sweet onion, diced
5 cubes chicken bouillon
5 1/2 cups water
1 tablespoon parsley, chopped
1/4 teaspoon garlic powder
salt (to taste)
white pepper (to taste)
1/2 pound tortellini, cooked
according to package directions*

In a saucepan, melt the butter. Add the carrots and saute' about 3 minutes. Add the cubed chicken and cook for an additional 5 minutes or until the chicken is cooked.

Add the celery and the onions and cook for 4 to 5 minutes.

Dissolve the bouillon cubes in hot water and add the soup to all of the vegetables except for the tortellini. Simmer everything together until all of the vegetables are tender.

Add salt and pepper to taste.

Put the cooked tortellini into the soup mixture and warm.

Serve.

Per Serving (excluding unknown items): 950 Calories; 30g Fat (28.8% calories from fat); 44g Protein; 125g Carbohydrate; 13g Dietary Fiber; 186mg Cholesterol; 8592mg Sodium. Exchanges: 6 Grain(Starch); 2 1/2 Lean Meat; 5 Vegetable; 3 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	950
% Calories from Fat:	28.8%
% Calories from Carbohydrates:	52.6%
% Calories from Protein:	18.6%
Total Fat (g):	30g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	94mcg

Saturated Fat (g): 14g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 186mg
Carbohydrate (g): 125g
Dietary Fiber (g): 13g
Protein (g): 44g
Sodium (mg): 8592mg
Potassium (mg): 1023mg
Calcium (mg): 469mg
Iron (mg): 6mg
Zinc (mg): 1mg
Vitamin C (mg): 32mg
Vitamin A (i.u.): 24854IU
Vitamin A (r.e.): 2589 1/2RE

Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 6
Lean Meat: 2 1/2
Vegetable: 5
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 950 Calories from Fat: 274

% Daily Values*

Total Fat	30g	47%
Saturated Fat	14g	69%
Cholesterol	186mg	62%
Sodium	8592mg	358%
Total Carbohydrates	125g	42%
Dietary Fiber	13g	51%
Protein	44g	
Vitamin A		497%
Vitamin C		53%
Calcium		47%
Iron		32%

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