



# Alison's Slow Cooker Vegetable Beef Soup

 **Gluten Free**  **Dairy Free**

READY IN



490 min.

SERVINGS



10

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10 cubes beef bouillon from cube crumbled
- 1.5 pounds beef stew meat cubed
- 28 ounce canned tomatoes crushed canned
- 1 tablespoon basil dried
- 16 ounce vegetables mixed frozen
- 2 teaspoons ground pepper black
- 1 small onion chopped
- 2 potatoes cubed peeled

1 tablespoon salt

2 cups water

## Equipment

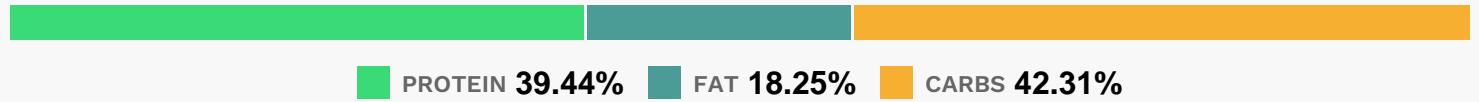
slow cooker

## Directions

Place beef in a slow cooker.

Pour in water. Stir in onion, tomatoes, mixed vegetables and potatoes. Season with bouillon, pepper, salt and basil. Cook on low 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:22.58, Glycemic Load:9.2, Inflammation Score:-9, Nutrition Score:18.520869773367%

## Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

## Nutrients (% of daily need)

Calories: 187.5kcal (9.38%), Fat: 3.92g (6.03%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 15.81g (5.75%), Sugar: 4.13g (4.59%), Cholesterol: 42.18mg (14.06%), Sodium: 882.31mg (38.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.05g (38.09%), Vitamin A: 2480.16IU (49.6%), Vitamin B6: 0.75mg (37.4%), Vitamin B3: 6.65mg (33.24%), Selenium: 19.73µg (28.18%), Vitamin C: 20.93mg (25.37%), Zinc: 3.42mg (22.83%), Phosphorus: 227.01mg (22.7%), Potassium: 768.46mg (21.96%), Manganese: 0.43mg (21.6%), Vitamin B12: 1.26µg (21.03%), Iron: 3.62mg (20.12%), Fiber: 4.63g (18.52%), Copper: 0.32mg (16.23%), Magnesium: 57.69mg (14.42%), Vitamin B1: 0.22mg (14.42%), Vitamin K: 13.37µg (12.74%), Vitamin B2: 0.21mg (12.39%), Folate: 41.85µg (10.46%), Vitamin E: 1.25mg (8.33%), Vitamin B5: 0.74mg (7.36%), Calcium: 70.8mg (7.08%)