



Easy Bean and Kielbasa Soup

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

READY IN



510 min.

SERVINGS



8

CALORIES



222 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 oz tomatoes diced undrained canned
- 2 cups carrots chopped
- 1.5 cups celery stalks chopped
- 64 oz chicken broth (8 cups)
- 1 cup onion chopped
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 16 oz sausage smoked

- 1 teaspoon thyme leaves dried
- 2 tablespoons tomato paste

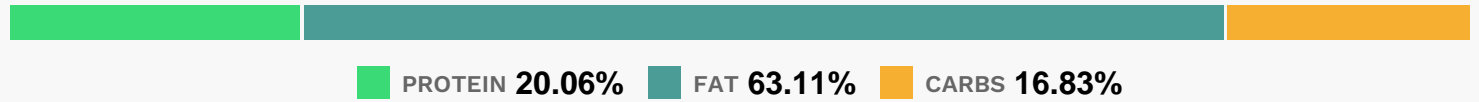
Equipment

- slow cooker

Directions

- In 5- to 6-quart slow cooker, mix all ingredients except tomatoes.
- Cover and cook on Low heat setting 8 to 10 hours.
- Stir in tomatoes. Increase heat setting to High. Cover and cook about 15 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:31.98, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:13.790434775145%

Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 222.33kcal (11.12%), Fat: 15.74g (24.22%), Saturated Fat: 5.06g (31.62%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7.16g (2.6%), Sugar: 5.3g (5.89%), Cholesterol: 45.36mg (15.12%), Sodium: 1490.52mg (64.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.51%), Vitamin A: 5612.09IU (112.24%), Vitamin B3: 4.06mg (20.28%), Vitamin B1: 0.26mg (17.57%), Vitamin B6: 0.32mg (16.13%), Vitamin B2: 0.27mg (16.09%), Potassium: 502.65mg (14.36%), Manganese: 0.27mg (13.52%), Vitamin C: 10.41mg (12.61%), Phosphorus: 120.71mg (12.07%), Vitamin K: 12.23µg (11.65%), Zinc: 1.63mg (10.85%), Fiber: 2.28g (9.13%), Iron: 1.64mg (9.1%), Vitamin B12: 0.53µg (8.79%), Copper: 0.15mg (7.67%), Vitamin E: 0.99mg (6.58%), Magnesium: 26.08mg (6.52%), Vitamin B5: 0.63mg (6.28%), Calcium: 55.93mg (5.59%), Folate: 21.99µg (5.5%), Vitamin D: 0.74µg (4.91%), Selenium: 1.38µg (1.98%)