



## Easy Bean and Kielbasa Soup



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



235 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 16 oz kielbasa smoked
- ☐ 64 oz chicken broth (8 cups)
- ☐ 2 cups carrots chopped
- ☐ 1.5 cups celery stalks chopped
- ☐ 1 cup onion chopped
- ☐ 2 tablespoons tomato paste
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon thyme leaves dried

- ☐ 0.5 teaspoon pepper
- ☐ 14.5 oz tomatoes   diced undrained canned

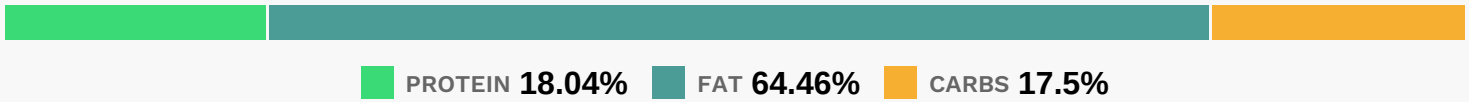
## Equipment

- ☐ 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:2.06, Inflammation Score:-10, Nutrition Score:14.379565218221%

## 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: 234.8kcal (11.74%), Fat: 16.98g (26.13%), Saturated Fat: 5.93g (37.06%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 8.09g (2.94%), Sugar: 5.3g (5.89%), Cholesterol: 44.23mg (14.74%), Sodium: 1626.6mg (70.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.39%), Vitamin A: 5569.56IU (111.39%), Vitamin B1: 0.39mg (26.16%), Vitamin B2: 0.29mg (16.96%), Vitamin B3: 3.34mg (16.71%), Selenium: 11.42µg (16.32%), Manganese: 0.3mg (14.77%), Potassium: 496.41mg (14.18%), Vitamin B6: 0.26mg (12.84%), Vitamin C: 10.58mg (12.82%), Phosphorus: 121.27mg (12.13%), Vitamin K: 12µg (11.43%), Iron: 1.83mg (10.14%), Vitamin B12: 0.6µg (10.02%), Zinc: 1.49mg (9.95%), Fiber: 2.28g (9.13%), Copper: 0.17mg (8.35%), Magnesium: 26.08mg (6.52%), Vitamin E: 0.88mg (5.87%), Calcium: 57.64mg (5.76%), Folate: 22.56µg (5.64%), Vitamin B5: 0.5mg (5.03%)