



Easy Beans and Frank Soup

 Gluten Free  Dairy Free

READY IN



370 min.

SERVINGS



6

CALORIES



651 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 ounces brown sugar with bacon and brown sugar sauce, undrained canned
- 1.5 cups carrots chopped
- 1 clove garlic finely chopped
- 6 hot dogs cut into 1-inch slices
- 1 cup onion chopped
- 11.5 ounces vegetable juice canned
- 1 teaspoon worcestershire sauce

Equipment

slow cooker

Directions

Mix all ingredients in 3 1/2- to 6-quart slow cooker.

Cover and cook on low heat setting 6 to 8 hours (or high heat setting 3 to 4 hours) or until carrots are tender.

Nutrition Facts



PROTEIN 3.58% **FAT 9.11%** **CARBS 87.31%**

Properties

Glycemic Index:29.14, Glycemic Load:4.71, Inflammation Score:-10, Nutrition Score:12.69043479795%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg 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: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 650.59kcal (32.53%), Fat: 6.78g (10.44%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 146.22g (48.74%), Net Carbohydrates: 144.42g (52.52%), Sugar: 132.87g (147.63%), Cholesterol: 20.25mg (6.75%), Sodium: 475.08mg (20.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (11.99%), Vitamin A: 5794.48IU (115.89%), Vitamin C: 20.28mg (24.58%), Selenium: 13.75µg (19.65%), Calcium: 147.97mg (14.8%), Potassium: 497.86mg (14.22%), Iron: 2.38mg (13.21%), Vitamin B3: 2.18mg (10.88%), Manganese: 0.22mg (10.75%), Vitamin B1: 0.14mg (9.54%), Vitamin B2: 0.15mg (9.04%), Folate: 34.61µg (8.65%), Vitamin B6: 0.16mg (7.96%), Zinc: 1.08mg (7.19%), Fiber: 1.79g (7.18%), Phosphorus: 70.14mg (7.01%), Copper: 0.13mg (6.28%), Magnesium: 24.52mg (6.13%), Vitamin B5: 0.53mg (5.32%), Vitamin K: 4.35µg (4.14%), Vitamin B12: 0.23µg (3.9%), Vitamin E: 0.22mg (1.45%)