



Italian Vegetable-and-Pasta Stew

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.3 ounce beef broth fat-free canned
- ☐ 14.5 ounce canned tomatoes pasta-style undrained canned
- ☐ 0.5 cup carrots sliced
- ☐ 1 cup navy beans dried
- ☐ 1 tablespoon rosemary dried crushed
- ☐ 3 garlic cloves chopped
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup mushrooms quartered
- ☐ 2 cups onion chopped

- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup pearl barley uncooked
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 cups potatoes red quartered
- ☐ 0.5 pound round steak boneless lean cut into 1/2-inch pieces
- ☐ 1 teaspoon rubbed sage
- ☐ 1 teaspoon salt
- ☐ 1 cup torn spinach
- ☐ 4 cups water
- ☐ 1 cup zucchini sliced
- ☐ 0.5 cup alphabet uncooked
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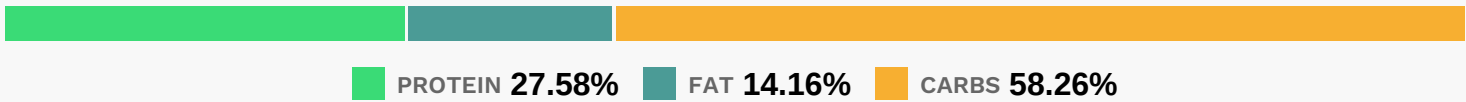
Equipment

- ☐ bowl
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Combine first 11 ingredients in a large electric slow cooker. Cover with lid, and cook on high-heat setting for 6 hours.
- ☐ Add zucchini and next 7 ingredients (zucchini through nutmeg); cover and cook on high-heat setting an additional 30 minutes or until beans are tender. Ladle into individual soup bowls, and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:49.1, Glycemic Load:2.41, Inflammation Score:-9, Nutrition Score:21.652173953212%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg

Nutrients (% of daily need)

Calories: 254.73kcal (12.74%), Fat: 4.13g (6.35%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 27.36g (9.95%), Sugar: 6.18g (6.87%), Cholesterol: 23.3mg (7.77%), Sodium: 694.74mg (30.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.22%), Fiber: 10.89g (43.56%), Manganese: 0.83mg (41.57%), Vitamin A: 1897.6IU (37.95%), Folate: 133.84µg (33.46%), Phosphorus: 297.12mg (29.71%), Vitamin B6: 0.56mg (28.03%), Selenium: 19.61µg (28.02%), Potassium: 869.63mg (24.85%), Copper: 0.49mg (24.55%), Vitamin K: 24.94µg (23.75%), Vitamin B3: 4.74mg (23.71%), Magnesium: 92.69mg (23.17%), Vitamin B1: 0.35mg (23.16%), Zinc: 3.11mg (20.75%), Iron: 3.63mg (20.19%), Vitamin C: 13.83mg (16.77%), Calcium: 152.72mg (15.27%), Vitamin B2: 0.23mg (13.54%), Vitamin B12: 0.66µg (10.97%), Vitamin B5: 0.84mg (8.36%), Vitamin E: 0.93mg (6.18%)