

Multi-Bean Soup



Gluten Free



Dairy Free

READY IN



505 min.

SERVINGS



12

CALORIES



75 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound sausage smoked cut into 1/4-inch slices
- ☐ 1 cup onion chopped
- ☐ 10 cups water
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 1.3 cups carrots shredded
- ☐ 14.5 ounces tomatoes diced undrained canned

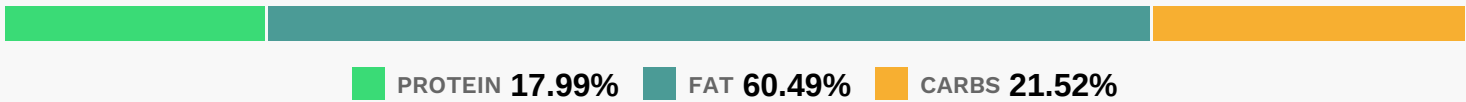
Equipment

☐ slow cooker

Directions

- ☐ Mix all ingredients except carrots and tomatoes in 5- to 6-quart slow cooker.
- ☐ Cover and cook on high heat setting 8 to 10 hours or until beans are tender.
- ☐ Stir in carrots and tomatoes.
- ☐ Cover and cook on high heat setting about 15 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:5.4860869924659%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 74.9kcal (3.75%), Fat: 5.11g (7.87%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.07g (1.12%), Sugar: 2.06g (2.28%), Cholesterol: 13.61mg (4.54%), Sodium: 383.22mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin A: 2442.82IU (48.86%), Vitamin C: 5.54mg (6.72%), Vitamin B6: 0.13mg (6.63%), Vitamin B3: 1.29mg (6.47%), Vitamin B1: 0.08mg (5.54%), Potassium: 178.92mg (5.11%), Phosphorus: 41.26mg (4.13%), Copper: 0.08mg (4.1%), Fiber: 1.02g (4.09%), Manganese: 0.08mg (4.01%), Iron: 0.67mg (3.7%), Zinc: 0.54mg (3.6%), Vitamin B2: 0.06mg (3.24%), Magnesium: 11.97mg (2.99%), Vitamin K: 3.14µg (2.99%), Calcium: 27.5mg (2.75%), Vitamin B12: 0.16µg (2.68%), Vitamin E: 0.37mg (2.44%), Vitamin B5: 0.22mg (2.25%), Folate: 8.29µg (2.07%), Vitamin D: 0.25µg (1.64%)