



Slow-Cooker Beef-Tortellini Soup

READY IN



525 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb stew meat
- 0.8 cup onion chopped
- 0.8 cup carrots chopped
- 0.5 cup celery chopped
- 2 cloves garlic finely chopped
- 2 teaspoons sugar
- 14.5 oz tomatoes diced undrained canned
- 21 oz beef consomme canned
- 1 teaspoon basil dried

2 cups cheese tortellini frozen

1 cup green beans frozen

Equipment

slow cooker

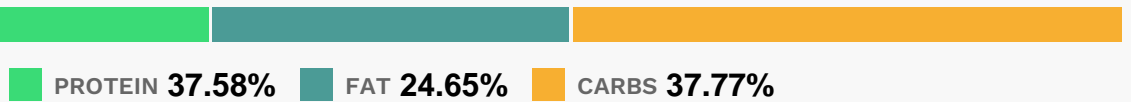
Directions

In 3 1/2- to 4-quart slow cooker, add beef, onion, carrot, celery, garlic, sugar, tomatoes and beef consommé in order listed.

Cover; cook on Low heat setting 8 to 9 hours.

About 25 minutes before serving, stir in basil, frozen tortellini and green beans. Increase heat setting to High. Cover; cook about 25 minutes or until beans are tender.

Nutrition Facts



Properties

Glycemic Index:50.32, Glycemic Load:9.34, Inflammation Score:-9, Nutrition Score:16.995217406231%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 262.75kcal (13.14%), Fat: 7.19g (11.06%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 21.25g (7.73%), Sugar: 6.28g (6.98%), Cholesterol: 60.3mg (20.1%), Sodium: 682.75mg (29.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.66g (49.33%), Vitamin A: 2919.14IU (58.38%), Vitamin B3: 6.73mg (33.64%), Vitamin B6: 0.67mg (33.62%), Selenium: 22.12µg (31.6%), Vitamin B12: 1.47µg (24.47%), Zinc: 3.39mg (22.61%), Phosphorus: 210.83mg (21.08%), Iron: 3.75mg (20.86%), Vitamin K: 18.31µg (17.44%), Potassium: 589.56mg (16.84%), Fiber: 3.53g (14.12%), Vitamin C: 11.61mg (14.07%), Vitamin B2: 0.22mg (13.02%), Calcium: 117.14mg (11.71%), Manganese: 0.2mg (10.17%), Magnesium: 38.53mg (9.63%), Vitamin B1: 0.14mg (9.45%), Folate: 33.76µg (8.44%), Copper: 0.16mg (7.93%), Vitamin E: 0.92mg (6.13%), Vitamin B5: 0.57mg (5.68%)