



Slow-Cooker Black-Eyed Pea and Sausage Soup

 Dairy Free  Very Healthy

READY IN



510 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 oz blackeyed peas rinsed drained canned
- 12 oz turkey kielbasa smoked sliced
- 2 cups carrots chopped
- 4 cloves garlic finely chopped
- 1 cup wheat berries uncooked
- 2 cups water
- 42 oz beef broth reduced-sodium canned

2 cups pkt spinach fresh shredded

1 teaspoon marjoram dried

Equipment

slow cooker

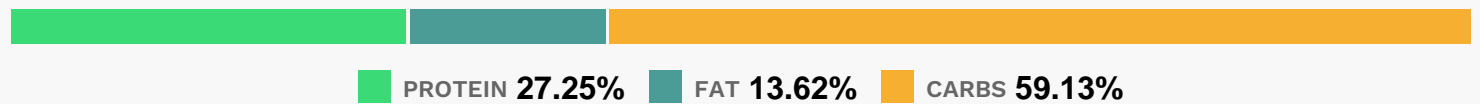
Directions

In 3- to 4-quart slow cooker, mix all ingredients except spinach and marjoram.

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

Stir in spinach and marjoram. Cover; cook on Low heat setting about 15 minutes longer or until spinach is tender.

Nutrition Facts



Properties

Glycemic Index:24.97, Glycemic Load:9.87, Inflammation Score:-10, Nutrition Score:30.223043514335%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 400.34kcal (20.02%), Fat: 6.24g (9.59%), Saturated Fat: 2.36g (14.72%), Carbohydrates: 60.89g (20.3%), Net Carbohydrates: 45.26g (16.46%), Sugar: 8.58g (9.53%), Cholesterol: 30.05mg (10.02%), Sodium: 1089.24mg (47.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.06g (56.12%), Vitamin A: 8170.03IU (163.4%), Folate: 326.98µg (81.75%), Fiber: 15.63g (62.52%), Iron: 10.51mg (58.41%), Vitamin K: 56.93µg (54.22%), Manganese: 0.86mg (42.92%), Phosphorus: 348.96mg (34.9%), Potassium: 1103.26mg (31.52%), Vitamin C: 23.76mg (28.8%), Magnesium: 103.67mg (25.92%), Copper: 0.49mg (24.69%), Vitamin B1: 0.37mg (24.44%), Selenium: 16.56µg (23.65%), Vitamin B6: 0.46mg (23.06%), Zinc: 3.22mg (21.49%), Vitamin B3: 3.29mg (16.46%), Vitamin B2: 0.22mg (13.06%), Calcium: 91.04mg (9.1%), Vitamin B5: 0.72mg (7.17%), Vitamin E: 0.93mg (6.23%), Vitamin B12: 0.24µg (4.06%)