



WHATSheATe



## Slow-Cooker Black-Eyed Pea and Sausage Soup

 Dairy Free

READY IN



510 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 42 oz beef broth reduced-sodium canned
- ☐ 30 oz blackeyed peas rinsed drained canned
- ☐ 2 cups carrots chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 1 teaspoon marjoram dried
- ☐ 2 cups pkt spinach fresh shredded
- ☐ 12 oz turkey sausage smoked sliced

- ☐ 2 cups water
- ☐ 1 cup wheat berries uncooked

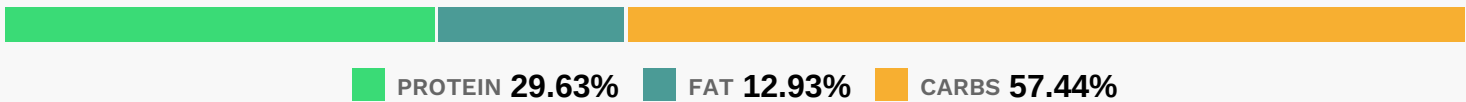
## Equipment

- ☐ 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:28.308695461439%

## 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: 398.64kcal (19.93%), Fat: 5.86g (9.01%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 43.4g (15.78%), Sugar: 6.76g (7.51%), Cholesterol: 42.52mg (14.17%), Sodium: 747.34mg (32.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.18g (60.36%), Vitamin A: 8130.9IU (162.62%), Folate: 325.28µg (81.32%), Fiber: 15.12g (60.48%), Vitamin K: 56.48µg (53.79%), Manganese: 0.87mg (43.51%), Phosphorus: 344.43mg (34.44%), Potassium: 1140.11mg (32.57%), Iron: 5.73mg (31.86%), Magnesium: 100.27mg (25.07%), Zinc: 3.75mg (25%), Vitamin B1: 0.37mg (24.67%), Vitamin B6: 0.49mg (24.47%), Copper: 0.48mg (23.98%), Vitamin B3: 3.82mg (19.08%), Vitamin B2: 0.26mg (15.09%), Vitamin B5: 1.3mg (12.96%), Vitamin B12: 0.74µg (12.28%), Vitamin C: 7.83mg (9.49%), Calcium: 89.9mg (8.99%), Vitamin E: 0.96mg (6.38%), Selenium: 3.97µg (5.67%)