



## Slow Cooker Calico Bean Soup

 Gluten Free  Dairy Free

READY IN



720 min.

SERVINGS



10

CALORIES



211 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 bay leaves
- 1 meaty beef roast bone
- 29 ounce tomatoes diced peeled canned
- 1 tablespoon celery seed
- 16 ounce navy beans dried
- 3 tablespoons onion flakes dried minced
- 1 tablespoon parsley dried
- 1 tablespoon garlic powder

- 0.5 teaspoon ground pepper black
- 1 teaspoon paprika
- 1 pinch pepper flakes red crushed
- 1.5 cups red wine
- 1 teaspoon lawry's seasoned salt
- 10 servings water to cover
- 1 teaspoon sugar white

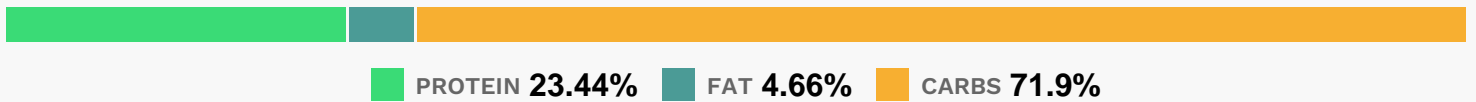
## Equipment

- slow cooker

## Directions

- Soak the beans in water overnight, rinse well and drain.
- In a slow cooker, combine the soaked beans, meat bones, tomatoes, red wine, parsley, paprika, celery seed, bay leaves, seasoned salt, garlic powder, sugar, ground black pepper and crushed red pepper flakes.
- Add water to cover.
- Cook on low setting for 3 to 4 hours, or until beans are tender.
- Remove the bones and strip and shred any meat from the bones. Discard the bones and return the meat to the slow cooker. Allow to heat through.

## Nutrition Facts



## Properties

Glycemic Index:13.71, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:16.476086927497%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.71mg, Petunidin: 0.71mg, Petunidin: 0.71mg, Petunidin: 0.71mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 4.98mg, Malvidin: 4.98mg, Malvidin: 4.98mg, Malvidin: 4.98mg Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg

2.57mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Hesperetin: 0.23mg,  
Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin:  
0.64mg, Naringenin: 0.64mg Apigenin: 9.53mg, Apigenin: 9.53mg, Apigenin: 9.53mg, Apigenin: 9.53mg Luteolin:  
4.64mg, Luteolin: 4.64mg, Luteolin: 4.64mg, Luteolin: 4.64mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg,  
Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg,  
Kaempferol: 0.04mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.79mg,  
Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg,  
Galocatechin: 0.03mg, Gallocatechin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 210.7kcal (10.54%), Fat: 1g (1.53%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 34.55g (11.52%), Net  
Carbohydrates: 22.23g (8.08%), Sugar: 4.96g (5.51%), Cholesterol: 0mg (0%), Sodium: 368.64mg (16.03%),  
Alcohol: 3.82g (100%), Alcohol %: 1.08% (100%), Protein: 11.27g (22.53%), Fiber: 12.33g (49.31%), Folate: 175.48µg  
(43.87%), Manganese: 0.87mg (43.3%), Vitamin B1: 0.4mg (26.97%), Magnesium: 101.12mg (25.28%), Copper: 0.5mg  
(25.01%), Potassium: 791.67mg (22.62%), Phosphorus: 221.36mg (22.14%), Iron: 3.9mg (21.67%), Vitamin B6: 0.36mg  
(17.77%), Zinc: 1.96mg (13.07%), Calcium: 120.76mg (12.08%), Vitamin C: 9.14mg (11.08%), Vitamin B3: 1.74mg (8.7%),  
Vitamin B2: 0.14mg (8.4%), Selenium: 5.53µg (7.91%), Vitamin K: 6.78µg (6.45%), Vitamin B5: 0.48mg (4.81%),  
Vitamin E: 0.66mg (4.42%), Vitamin A: 204.63IU (4.09%)