



## Slow-Cooker Easy Italian Sausage Vegetable Soup

 Gluten Free

READY IN



585 min.

SERVINGS



7

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 lb sausage meat italian
- 1 cup carrots fresh sliced
- 1 large baking potatoes peeled cut into 1/2-inch cubes
- 1 garlic clove minced
- 28 oz beef broth canned
- 15 oz garbanzo beans drained canned
- 14.5 oz canned tomatoes pasta-style undrained canned

- 1.5 cups water
- 0.5 teaspoon seasoning dried italian
- 1 bay leaves
- 1 cup zucchini (2x)
- 0.3 cup parmesan fresh grated

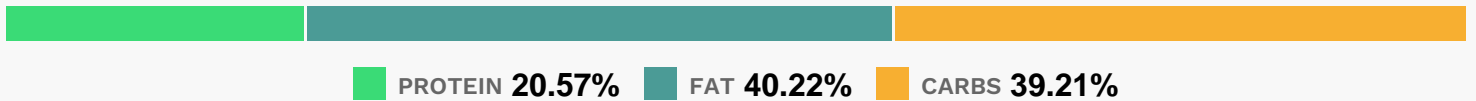
## Equipment

- bowl
- frying pan
- ladle
- slow cooker

## Directions

- Cook sausage in large skillet until no longer pink, stirring frequently.
- Drain. In 3 1/2 or 4-quart slow cooker, combine cooked sausage and all remaining ingredients except zucchini and cheese; stir gently to mix.
- Cover; cook on Low setting for 7 to 9 hours.
- About 30 minutes before serving, remove and discard bay leaf from soup. Gently stir in zucchini. Cover; cook an additional 30 minutes or until zucchini is tender.
- To serve, ladle soup into individual bowls.
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:44.99, Glycemic Load:11.63, Inflammation Score:-9, Nutrition Score:16.37826078871%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 245.9kcal (12.29%), Fat: 11.27g (17.34%), Saturated Fat: 3.75g (23.41%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 19.48g (7.08%), Sugar: 4.26g (4.73%), Cholesterol: 25.76mg (8.59%), Sodium: 950.83mg (41.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.93%), Vitamin A: 3281.68IU (65.63%), Manganese: 0.77mg (38.69%), Vitamin B6: 0.73mg (36.61%), Fiber: 5.24g (20.95%), Potassium: 732.57mg (20.93%), Vitamin B3: 4.03mg (20.15%), Phosphorus: 193.67mg (19.37%), Vitamin C: 13.09mg (15.86%), Copper: 0.31mg (15.26%), Iron: 2.73mg (15.18%), Vitamin B1: 0.22mg (14.71%), Magnesium: 55.05mg (13.76%), Calcium: 113.65mg (11.37%), Zinc: 1.65mg (10.98%), Folate: 41.15µg (10.29%), Vitamin B2: 0.16mg (9.46%), Vitamin B5: 0.85mg (8.5%), Vitamin K: 8.32µg (7.93%), Vitamin B12: 0.4µg (6.63%), Vitamin E: 0.98mg (6.51%), Selenium: 3.5µg (5%), Vitamin D: 0.44µg (2.93%)