



Slow-Cooker Easy Multi-Bean Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



505 min.

SERVINGS



12

CALORIES



38 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8.8 cups vegetable stock (from three 32-oz cartons)
- ☐ 2 cups carrots chopped
- ☐ 1.5 cups celery stalks chopped
- ☐ 1 cup onion chopped
- ☐ 2 tablespoons tomato paste
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon seasoning italian
- ☐ 0.5 teaspoon pepper

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14.5 oz canned tomatoes diced organic undrained canned

Equipment

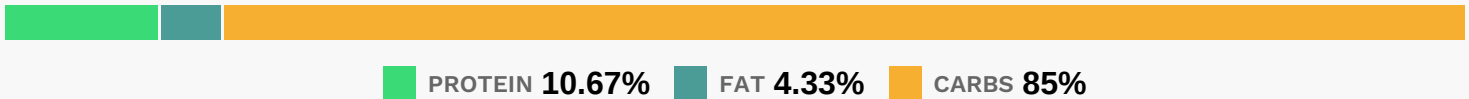
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slow cooker

Directions

- ☐ In 5- to 6-quart slow cooker, mix all ingredients except tomatoes.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Stir in tomatoes. Increase heat setting to High; cover and cook about 15 minutes longer or until hot.

Nutrition Facts



Properties

Glycemic Index:22.57, Glycemic Load:2.89, Inflammation Score:-10, Nutrition Score:7.3178260663281%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 38.21kcal (1.91%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 7.15g (2.6%), Sugar: 5.04g (5.6%), Cholesterol: 0mg (0%), Sodium: 970.9mg (42.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin A: 4103.49IU (82.07%), Vitamin K: 9.86µg (9.39%), Vitamin C: 6.38mg (7.73%), Manganese: 0.15mg (7.54%), Fiber: 1.88g (7.51%), Potassium: 251.21mg (7.18%), Vitamin B6: 0.11mg (5.7%), Vitamin E: 0.75mg (5.01%), Copper: 0.09mg (4.7%), Folate: 16.31µg (4.08%), Iron: 0.71mg (3.96%), Vitamin B3: 0.77mg (3.87%), Magnesium: 13.85mg (3.46%), Vitamin B1: 0.05mg (3.37%), Calcium: 30.91mg (3.09%), Phosphorus: 27.92mg (2.79%), Vitamin B2: 0.05mg (2.71%), Vitamin B5: 0.21mg (2.07%), Zinc: 0.21mg (1.37%)