



Slow-Cooker Gluten-Free Minestrone Stew

 **Gluten Free**  **Very Healthy**

READY IN



395 min.

SERVINGS



8

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 19.5 oz turkey sausage gluten-free sweet italian
- 28 oz canned tomatoes diced organic undrained canned
- 36 oz garden peas canned
- 15 oz garbanzo beans rinsed drained canned
- 6 oz canned tomatoes canned
- 1 teaspoon seasoning gluten-free italian
- 4 oz macaroni gluten-free uncooked
- 2 oz parmesan gluten-free shredded

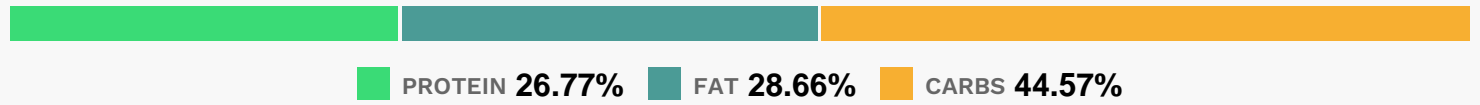
Equipment

- frying pan
- slow cooker

Directions

- In 12-inch skillet, cook sausage over medium heat 8 to 10 minutes, stirring occasionally, until no longer pink; drain. Spray 3- to 4-quart slow cooker with cooking spray. In slow cooker, mix sausage and all remaining ingredients except macaroni and cheese.
- Cover; cook on Low heat setting 6 hours.
- Stir macaroni into slow cooker. Increase heat setting to High. Cover; cook about 20 minutes longer or until macaroni is tender.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:18.54, Glycemic Load:4.48, Inflammation Score:-10, Nutrition Score:37.470869571618%

Flavonoids

Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 16.58mg, Kaempferol: 16.58mg, Kaempferol: 16.58mg, Kaempferol: 16.58mg

Nutrients (% of daily need)

Calories: 312.68kcal (15.63%), Fat: 10.54g (16.22%), Saturated Fat: 3.83g (23.95%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 29.88g (10.86%), Sugar: 13.19g (14.66%), Cholesterol: 41.44mg (13.81%), Sodium: 1087.34mg (47.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.31%), Vitamin K: 699.51µg (666.2%), Vitamin A: 9250.34IU (185.01%), Vitamin C: 120.18mg (145.67%), Manganese: 1.42mg (71.01%), Iron: 10.84mg (60.23%), Vitamin B6: 1.02mg (50.98%), Potassium: 1348.46mg (38.53%), Phosphorus: 355.43mg (35.54%), Folate: 137.63µg (34.41%), Vitamin B2: 0.55mg (32.16%), Copper: 0.6mg (29.96%), Selenium: 19.88µg (28.4%), Fiber: 7.02g (28.07%), Magnesium: 108mg (27%), Vitamin B3: 5.39mg (26.94%), Calcium: 265.32mg (26.53%), Zinc: 2.66mg (17.73%), Vitamin B1: 0.26mg (17.45%), Vitamin E: 2.46mg (16.4%), Vitamin B5: 1.39mg (13.88%), Vitamin B12: 0.38µg (6.37%)