



Slow-Cooker Italian Meatball Soup

 Gluten Free

READY IN



490 min.

SERVINGS



5

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 cups beef broth flavored (from 32-oz carton)
- 19 oz cannellini beans drained canned
- 14.5 oz tomatoes diced with basil, garlic and oregano, undrained canned
- 16 oz meatballs frozen italian thawed cooked
- 0.3 cup parmesan shredded
- 1 cup water

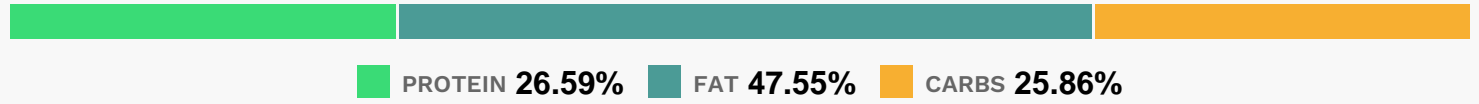
Equipment

- slow cooker

Directions

- In 3- to 4-quart slow cooker, mix all ingredients except cheese.
- Cover; cook on Low heat setting 8 to 10 hours.
- Garnish individual servings with cheese.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:5.53, Inflammation Score:-5, Nutrition Score:20.12608673132%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 407.39kcal (20.37%), Fat: 21.55g (33.15%), Saturated Fat: 8.42g (52.64%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 20.38g (7.41%), Sugar: 2.32g (2.58%), Cholesterol: 69.85mg (23.28%), Sodium: 595.4mg (25.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.12g (54.23%), Vitamin B1: 0.81mg (53.92%), Selenium: 26.21µg (37.44%), Phosphorus: 329.6mg (32.96%), Manganese: 0.64mg (31.85%), Iron: 5.01mg (27.86%), Potassium: 955.5mg (27.3%), Vitamin B6: 0.53mg (26.7%), Vitamin B3: 5.32mg (26.58%), Fiber: 5.99g (23.97%), Zinc: 3.51mg (23.37%), Magnesium: 86.31mg (21.58%), Folate: 83.28µg (20.82%), Calcium: 202.22mg (20.22%), Vitamin B2: 0.34mg (19.88%), Copper: 0.36mg (17.86%), Vitamin B12: 0.77µg (12.9%), Vitamin C: 8.28mg (10.04%), Vitamin E: 1.42mg (9.5%), Vitamin B5: 0.95mg (9.49%), Vitamin K: 5.62µg (5.35%), Vitamin A: 154.61IU (3.09%)