



Slow-Cooker Italian Tortellini Stew

READY IN



495 min.

SERVINGS



8

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small onion finely chopped
- 2 medium zucchini halved cut into 1-inch slices
- 29 oz chicken broth ready-to-serve canned
- 28 oz canned tomatoes diced crushed undrained canned
- 15.5 oz great northern beans rinsed drained canned
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 tablespoon basil dried
- 8 oz cheese tortellini dry uncooked

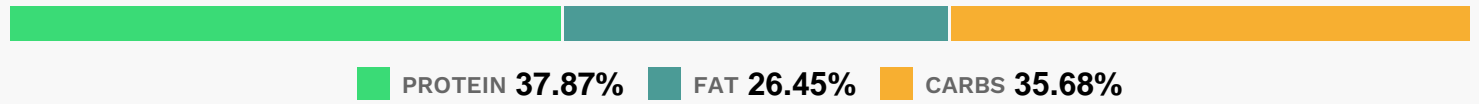
Equipment

slow cooker

Directions

- In 4 to 6-quart slow cooker, combine all ingredients except basil and tortellini; mix well.
- Cover; cook on low setting for 6 to 8 hours.
- About 20 minutes before serving, stir basil and tortellini into stew. Increase heat setting to high; cover and cook an additional 20 minutes or until tortellini are tender.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:7.99, Inflammation Score:-7, Nutrition Score:18.027826057828%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 385.81kcal (19.29%), Fat: 11.41g (17.56%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 28.13g (10.23%), Sugar: 6.76g (7.52%), Cholesterol: 62.16mg (20.72%), Sodium: 828.88mg (36.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.77g (73.53%), Selenium: 21.92µg (31.31%), Phosphorus: 286.31mg (28.63%), Manganese: 0.56mg (28.04%), Iron: 4.87mg (27.04%), Fiber: 6.5g (25.99%), Vitamin B6: 0.5mg (24.98%), Vitamin C: 19.27mg (23.35%), Potassium: 795.41mg (22.73%), Zinc: 3.4mg (22.68%), Vitamin B3: 4.19mg (20.94%), Magnesium: 80.74mg (20.19%), Folate: 74.43µg (18.61%), Copper: 0.36mg (18.08%), Vitamin K: 18.44µg (17.56%), Vitamin B12: 1.03µg (17.13%), Vitamin B2: 0.24mg (14.23%), Calcium: 138.72mg (13.87%), Vitamin B1: 0.18mg (11.97%), Vitamin E: 1.68mg (11.23%), Vitamin A: 497.46IU (9.95%), Vitamin B5: 0.54mg (5.44%)