



WHATSheATE



HEALTH SCORE

91%

Slow-Cooker Italian Vegetable Soup with White Beans



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



565 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 38 oz cannellini beans drained canned
- ☐ 14.5 oz canned tomatoes diced with basil, garlic and oregano, undrained canned
- ☐ 1 lb savory vegetable mixed frozen
- ☐ 0.5 cup mostaccioli pasta (tube-shaped uncooked)
- ☐ 0.3 cup basil pesto
- ☐ 0.5 teaspoon salt
- ☐ 12 oz vegetable juice

☐ 1 cup water

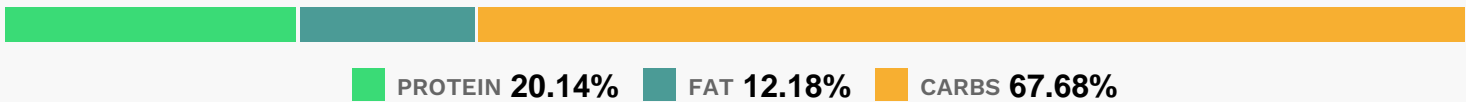
Equipment

☐ slow cooker

Directions

- ☐ In 3 to 4-quart slow cooker, combine all ingredients except penne and pesto; mix well.
- ☐ Cover; cook on Low setting for 8 to 9 hours.
- ☐ About 20 minutes before serving, stir penne into soup. Increase heat setting to High; cover and cook an additional 15 to 20 minutes or until penne is tender.
- ☐ To serve, top individual servings with 2 teaspoons pesto.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:17.37, Inflammation Score:-10, Nutrition Score:25.984348069067%

Nutrients (% of daily need)

Calories: 361.67kcal (18.08%), Fat: 5.07g (7.8%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 63.4g (21.13%), Net Carbohydrates: 49.53g (18.01%), Sugar: 5.98g (6.65%), Cholesterol: 0.83mg (0.28%), Sodium: 525.97mg (22.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.72%), Vitamin A: 4661.16IU (93.22%), Manganese: 1.32mg (66.05%), Fiber: 13.86g (55.45%), Iron: 7.33mg (40.73%), Vitamin C: 30.95mg (37.51%), Potassium: 1306.53mg (37.33%), Folate: 149.22µg (37.31%), Copper: 0.65mg (32.29%), Magnesium: 128.78mg (32.2%), Phosphorus: 247.63mg (24.76%), Vitamin B1: 0.32mg (21.63%), Calcium: 202.24mg (20.22%), Zinc: 2.67mg (17.82%), Vitamin B6: 0.32mg (16.17%), Vitamin E: 2.29mg (15.23%), Selenium: 9.51µg (13.59%), Vitamin B3: 2.15mg (10.73%), Vitamin B2: 0.17mg (10.11%), Vitamin K: 8.85µg (8.43%), Vitamin B5: 0.69mg (6.86%)