



Slow-Cooker Meatball Stone Soup

 **Gluten Free**  **Dairy Free**

READY IN



610 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz meatballs frozen italian-style cooked
- 32 oz beef broth flavored
- 29 oz tomatoes diced italian with herbs, undrained canned
- 1 cup potatoes chopped
- 0.5 cup onion chopped
- 0.3 teaspoon highest available proof grain spirit
- 1 lb savory vegetable mixed frozen

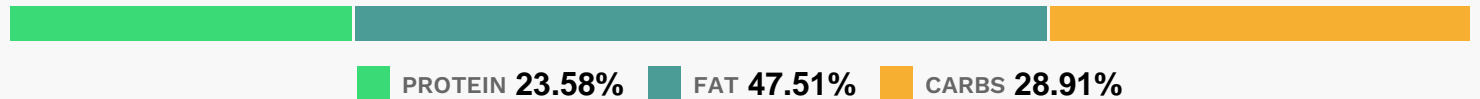
Equipment

slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, mix frozen meatballs, broth, tomatoes, potato, onion and garlic-pepper blend.
- Cover; cook on Low heat setting 9 to 11 hours or until vegetables are tender.
- Stir in frozen mixed vegetables. Cover; cook on High heat setting 1 hour.

Nutrition Facts



Properties

Glycemic Index:35.29, Glycemic Load:8.05, Inflammation Score:-10, Nutrition Score:21.0921739288%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 314.1kcal (15.71%), Fat: 16.97g (26.11%), Saturated Fat: 6.23g (38.94%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 17.83g (6.48%), Sugar: 4.1g (4.56%), Cholesterol: 54.43mg (18.14%), Sodium: 838.91mg (36.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.95g (37.91%), Vitamin A: 4005.52IU (80.11%), Vitamin B1: 0.74mg (49.64%), Vitamin C: 29.02mg (35.17%), Vitamin B3: 6.78mg (33.9%), Vitamin B6: 0.65mg (32.47%), Selenium: 20.27µg (28.96%), Potassium: 884.18mg (25.26%), Phosphorus: 247.3mg (24.73%), Fiber: 5.4g (21.61%), Vitamin B2: 0.36mg (21.43%), Manganese: 0.39mg (19.31%), Iron: 3.27mg (18.19%), Zinc: 2.33mg (15.54%), Magnesium: 60.35mg (15.09%), Copper: 0.24mg (12.15%), Folate: 48.02µg (12%), Vitamin B12: 0.63µg (10.58%), Vitamin B5: 0.94mg (9.42%), Calcium: 88.34mg (8.83%), Vitamin E: 0.94mg (6.26%), Vitamin K: 4.7µg (4.47%)