



 **51%**  
HEALTH SCORE

## Slow-Cooker Mediterranean Minestrone Casserole

READY IN



520 min.

SERVINGS



5

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 cups carrots sliced
- 0.5 cup onion chopped
- 1 cup water
- 2 teaspoons sugar
- 1 teaspoon seasoning italian
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 28 ounces tomatoes diced undrained canned

- 15 oz garbanzo beans rinsed drained canned
- 6 ounces canned tomatoes italian-style canned
- 2 cloves garlic finely chopped
- 1.5 cups green beans frozen thawed (from 12 oz bag)
- 3.5 ounces elbow macaroni uncooked
- 2 ounces parmesan shredded

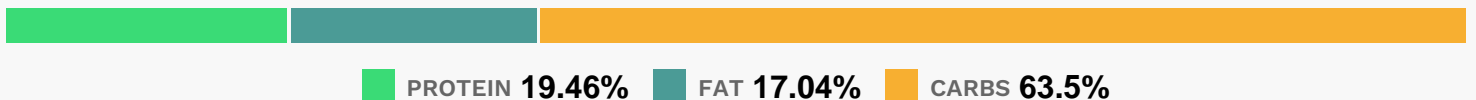
## Equipment

- slow cooker

## Directions

- Mix all ingredients except green beans, macaroni and cheese in 3- to 4-quart slow cooker.
- Cover and cook on Low heat setting 6 to 8 hours.
- Stir in green beans and macaroni. Increase heat setting to High. Cover and cook about 20 minutes or until beans and macaroni are tender.
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:72.45, Glycemic Load:7.36, Inflammation Score:-10, Nutrition Score:24.19608685763%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

## Nutrients (% of daily need)

Calories: 272.43kcal (13.62%), Fat: 5.4g (8.31%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 45.29g (15.1%), Net Carbohydrates: 36.22g (13.17%), Sugar: 11.1g (12.33%), Cholesterol: 7.71mg (2.57%), Sodium: 955.59mg (41.55%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.88g (27.76%), Vitamin A: 7010.79IU (140.22%), Manganese: 1.26mg (63.24%), Vitamin B6: 0.81mg (40.3%), Fiber: 9.07g (36.28%), Vitamin C: 25.84mg (31.32%), Vitamin K: 28.61µg (27.25%), Calcium: 268.12mg (26.81%), Phosphorus: 258.5mg (25.85%), Selenium: 17.68µg (25.25%), Potassium: 802.43mg (22.93%), Iron: 4.05mg (22.49%), Copper: 0.42mg (21.23%), Magnesium: 79.23mg (19.81%), Folate: 64.98µg (16.24%), Vitamin B1: 0.21mg (13.96%), Vitamin B2: 0.23mg (13.66%), Vitamin E: 2.02mg (13.46%), Vitamin B3: 2.69mg (13.46%), Zinc: 1.72mg (11.48%), Vitamin B5: 0.88mg (8.84%), Vitamin B12: 0.14µg (2.27%)