



 **42%**
HEALTH SCORE

Slow Cooker Minestrone Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 carrots diced
- 2 zucchini
- 1 onion diced
- 3 celery chopped
- 1 handful green beans
- 3 cloves garlic minced
- 10 Oz chickpeas
- 1 lentils cooked

- 28 Oz tomatoes
- 4 cups veggie broth
- 1 teaspoon curry powder
- 0.5 teaspoon cumin
- 0.5 teaspoon garam masala
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 6 ounces noodles cooked

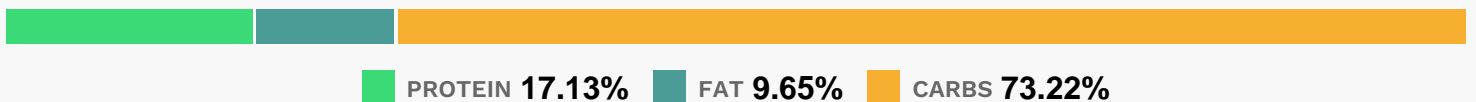
Equipment

- slow cooker

Directions

- First up, add your veggies into your slow cooker.
- Next you'll add in your garlic, beans, lentils and tomatoes.
- Finally add in the broth, curry, cumin, garam masala, salt and pepper. Stir it all together and cook it on high for 3-4 hours or low for 4-
- Add your noodles in just before serving.

Nutrition Facts



Properties

Glycemic Index:53.22, Glycemic Load:8.09, Inflammation Score:-10, Nutrition Score:17.149565217391%

Flavonoids

Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Taste

Sweetness: 94.65%, Saltiness: 100%, Sourness: 82.53%, Bitterness: 57.09%, Savoriness: 57.07%, Fattiness: 39.8%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 148.39kcal (7.42%), Fat: 1.68g (2.58%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 22.27g (8.1%), Sugar: 8.95g (9.95%), Cholesterol: 0mg (0%), Sodium: 656.63mg (28.55%), Protein: 6.7g (13.4%), Vitamin A: 5164.25IU (103.29%), Manganese: 0.77mg (38.44%), Vitamin C: 27.57mg (33.42%), Folate: 106.24µg (26.56%), Fiber: 6.38g (25.51%), Vitamin K: 24.59µg (23.42%), Potassium: 646.1mg (18.46%), Vitamin B6: 0.31mg (15.67%), Phosphorus: 138.18mg (13.82%), Copper: 0.27mg (13.39%), Magnesium: 51mg (12.75%), Iron: 2.19mg (12.16%), Selenium: 7.46µg (10.66%), Vitamin B1: 0.14mg (9.53%), Vitamin B2: 0.13mg (7.8%), Zinc: 1.14mg (7.57%), Vitamin B3: 1.49mg (7.43%), Vitamin E: 1.04mg (6.92%), Calcium: 62.74mg (6.27%), Vitamin B5: 0.47mg (4.66%)