



Slow Cooker Pasta e Fagioli

READY IN



480 min.

SERVINGS



8

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups cabbage finely chopped
- 28 ounces tomatoes diced undrained canned
- 15 ounces cannellini beans white rinsed drained canned
- 2 medium carrots chopped
- 1 rib celery stalks chopped
- 32 ounces chicken broth
- 1 cup ditalini pasta
- 2 tablespoons basil dried fresh minced
- 2 garlic clove minced

- 1 medium onion chopped
- 8 servings parmesan cheese grated
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

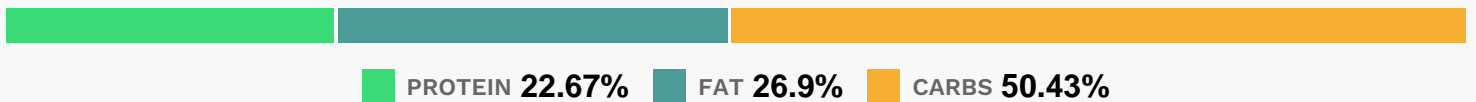
Equipment

- frying pan
- slow cooker

Directions

- In a large skillet, cook beef and onion over medium heat until beef is no longer pink and onion is tender; drain.
- Transfer to a 4- or 5-qt. slow cooker. Stir in the broth, tomatoes, beans, carrots, cabbage, celery, basil, garlic, salt and pepper. Cover and cook on low for 7–8 hours or until vegetables are tender.
- Stir in pasta. Cover and cook on high 30 minutes longer or until pasta is tender.
- Sprinkle with cheese if desired.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:3.75, Inflammation Score:-9, Nutrition Score:20.178695740907%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 307.29kcal (15.36%), Fat: 9.35g (14.39%), Saturated Fat: 4.82g (30.13%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 33.82g (12.3%), Sugar: 5.34g (5.93%), Cholesterol: 28.37mg (9.46%), Sodium: 1251.3mg (54.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.73g (35.46%), Vitamin A: 2947.41IU (58.95%), Manganese: 0.81mg (40.4%), Calcium: 381.6mg (38.16%), Selenium: 25.44µg (36.35%), Vitamin K: 34.39µg (32.75%), Phosphorus: 318.5mg (31.85%), Iron: 4.1mg (22.78%), Fiber: 5.63g (22.52%), Vitamin C: 16.19mg (19.63%), Potassium: 672.82mg (19.22%), Magnesium: 73.1mg (18.27%), Zinc: 2.57mg (17.16%), Vitamin B2: 0.29mg (16.95%), Copper: 0.32mg (16.06%), Folate: 62.41µg (15.6%), Vitamin B6: 0.28mg (14.06%), Vitamin B1: 0.17mg (11.56%), Vitamin E: 1.55mg (10.32%), Vitamin B3: 1.65mg (8.24%), Vitamin B12: 0.43µg (7.13%), Vitamin B5: 0.51mg (5.15%)