



## Slow Cooker Sausage Vegetable Soup

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



490 min.

SERVINGS



8

CALORIES



252 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 ounce tomato sauce canned
- 20 ounce home fries potatoes diced bob evans®
- 16 ounce vegetables mixed frozen
- 43.5 ounce reduced sodium chicken broth canned

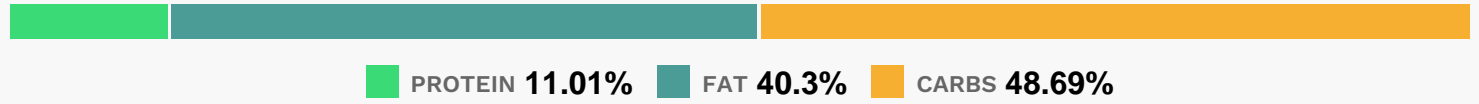
### Equipment

- frying pan
- slow cooker

## Directions

- In medium skillet over medium heat, crumble and cook sausage until brown.
- Place in slow cooker.
- Add remaining ingredients. Cover and cook on low 6 to 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:19.29, Glycemic Load:14.6, Inflammation Score:-9, Nutrition Score:11.164782684782%

## Nutrients (% of daily need)

Calories: 252.03kcal (12.6%), Fat: 11.9g (18.31%), Saturated Fat: 3.56g (22.27%), Carbohydrates: 32.36g (10.79%), Net Carbohydrates: 26.47g (9.63%), Sugar: 1.21g (1.34%), Cholesterol: 0mg (0%), Sodium: 554.55mg (24.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.63%), Vitamin A: 3001.93IU (60.04%), Fiber: 5.88g (23.53%), Vitamin B3: 4.69mg (23.45%), Potassium: 641.73mg (18.34%), Manganese: 0.33mg (16.48%), Vitamin C: 12.35mg (14.97%), Phosphorus: 141.92mg (14.19%), Iron: 2.07mg (11.5%), Vitamin B6: 0.23mg (11.26%), Copper: 0.19mg (9.33%), Folate: 34.59µg (8.65%), Vitamin B1: 0.13mg (8.56%), Magnesium: 32.16mg (8.04%), Vitamin B2: 0.13mg (7.93%), Vitamin B5: 0.56mg (5.63%), Zinc: 0.71mg (4.7%), Calcium: 30.69mg (3.07%), Vitamin E: 0.41mg (2.72%), Vitamin B12: 0.15µg (2.57%), Selenium: 0.75µg (1.07%)