



# Slow-Cooker Smoked Sausage and Bean Soup

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

READY IN



525 min.

SERVINGS



7

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb potatoes – remove skin red cut into 8 pieces ( 3 cups)
- 2 cups carrots sliced
- 0.5 cup onion chopped
- 0.5 cup celery sliced
- 30 oz cannellini beans rinsed drained canned
- 32 oz chicken broth (4 cups)
- 1 teaspoon thyme leaves dried
- 0.5 teaspoon lawry's seasoned salt

- 1 lb kielbasa fully cooked cut in half lengthwise, then into 1/4-inch slices
- 2 tablespoons parsley fresh chopped

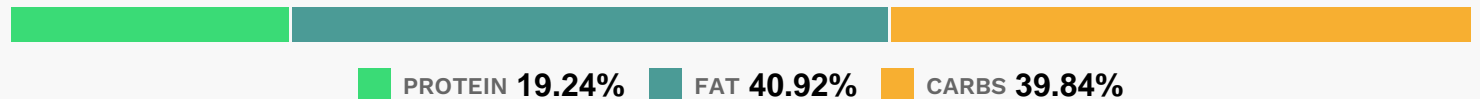
## Equipment

- slow cooker

## Directions

- Spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix all ingredients except sausage and parsley.
- Cover; cook on Low heat setting 8 to 9 hours.
- Stir in sausage and parsley. Cover; cook on Low heat setting 30 minutes longer or until sausage is hot.

## Nutrition Facts



## Properties

Glycemic Index:34.55, Glycemic Load:7.93, Inflammation Score:-10, Nutrition Score:24.275652222011%

## Flavonoids

Apigenin: 2.68mg, Apigenin: 2.68mg, Apigenin: 2.68mg, Apigenin: 2.68mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

## Nutrients (% of daily need)

Calories: 424.16kcal (21.21%), Fat: 19.45g (29.92%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 42.61g (14.2%), Net Carbohydrates: 34.27g (12.46%), Sugar: 4.07g (4.52%), Cholesterol: 47.95mg (15.98%), Sodium: 1264.42mg (54.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.58g (41.15%), Vitamin A: 6259.22IU (125.18%), Manganese: 0.89mg (44.5%), Vitamin B1: 0.55mg (36.91%), Potassium: 1183.91mg (33.83%), Fiber: 8.34g (33.38%), Iron: 5.4mg (30%), Vitamin K: 31.13µg (29.65%), Folate: 105.52µg (26.38%), Phosphorus: 262.21mg (26.22%), Copper: 0.47mg (23.67%), Magnesium: 93.95mg (23.49%), Selenium: 14.38µg (20.54%), Zinc: 3.05mg (20.34%), Vitamin B6: 0.4mg (19.8%), Vitamin B3: 3.81mg (19.06%), Vitamin B2: 0.27mg (15.78%), Vitamin C: 11.43mg (13.85%), Calcium: 128.55mg (12.86%), Vitamin B12: 0.66µg (11.02%), Vitamin E: 1.29mg (8.6%), Vitamin B5: 0.85mg (8.46%)