



Slow-Cooker Steak and Pasta Soup

READY IN



520 min.

SERVINGS



5

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb round steak boneless cut into 1/2-inch cubes
- 26 oz tomatoes
- 2.5 cups water
- 9 oz cheese ravioli refrigerated
- 0.5 cup parmesan cheese grated

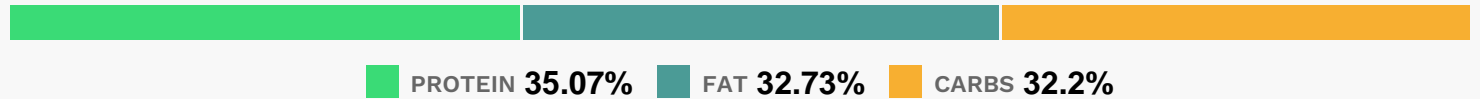
Equipment

- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, mix beef, marinara sauce and water.
- Cover; cook on Low heat setting 8 to 10 hours.
- Stir in ravioli. Increase heat setting to High. Cover; cook 20 to 30 minutes until ravioli are tender.
- Sprinkle individual servings with cheese.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:10.17, Inflammation Score:-6, Nutrition Score:19.063913114693%

Nutrients (% of daily need)

Calories: 374.41kcal (18.72%), Fat: 13.61g (20.93%), Saturated Fat: 5.09g (31.82%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 26.44g (9.62%), Sugar: 6.28g (6.97%), Cholesterol: 93.41mg (31.14%), Sodium: 1246.23mg (54.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.8g (65.6%), Iron: 8.71mg (48.39%), Selenium: 30.33µg (43.33%), Vitamin B3: 7.73mg (38.65%), Vitamin B6: 0.76mg (37.84%), Zinc: 4.66mg (31.07%), Vitamin B12: 1.85µg (30.83%), Phosphorus: 304.6mg (30.46%), Potassium: 775.56mg (22.16%), Vitamin B2: 0.28mg (16.36%), Vitamin E: 2.45mg (16.31%), Fiber: 3.67g (14.68%), Vitamin A: 724.82IU (14.5%), Copper: 0.28mg (14.2%), Calcium: 140.94mg (14.09%), Vitamin C: 10.32mg (12.51%), Magnesium: 49.48mg (12.37%), Vitamin B5: 1.1mg (11%), Manganese: 0.18mg (8.95%), Vitamin B1: 0.12mg (8.28%), Folate: 25.66µg (6.42%), Vitamin K: 5.39µg (5.13%)