



Slow-Cooker Steak and Pasta Soup

READY IN



520 min.

SERVINGS



5

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

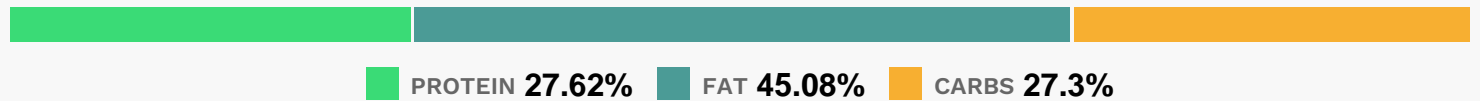
Equipment

- 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:17.058260915072%

Nutrients (% of daily need)

Calories: 436.1kcal (21.81%), Fat: 22.1g (33.99%), Saturated Fat: 9.31g (58.2%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 26.44g (9.62%), Sugar: 6.28g (6.97%), Cholesterol: 91.59mg (30.53%), Sodium: 1241.7mg (53.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.47g (60.94%), Iron: 8.35mg (46.38%), Selenium: 26.52µg (37.89%), Zinc: 5.42mg (36.15%), Vitamin B3: 5.91mg (29.55%), Vitamin B12: 1.64µg (27.35%), Vitamin B6: 0.51mg (25.73%), Phosphorus: 233.84mg (23.38%), Vitamin B2: 0.35mg (20.42%), Potassium: 699.36mg (19.98%), Vitamin A: 738.43IU (14.77%), Fiber: 3.67g (14.68%), Vitamin E: 2.17mg (14.49%), Copper: 0.26mg (13.16%), Calcium: 129.14mg (12.91%), Vitamin C: 10.32mg (12.51%), Magnesium: 45.85mg (11.46%), Manganese: 0.17mg (8.31%), Vitamin B1: 0.12mg (7.86%), Vitamin K: 5.66µg (5.39%), Vitamin B5: 0.49mg (4.88%), Folate: 16.59µg (4.15%)