



Slow-Cooker Tomato Rotini Soup

READY IN



575 min.

SERVINGS



12

CALORIES



91 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups chicken broth
- 4 cups sacramento tomato juice
- 1 tablespoon basil dried
- 1 teaspoon salt
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper
- 1 cup carrots sliced
- 1 cup celery stalks chopped
- 0.5 cup onion chopped

- 1 cup mushrooms sliced
- 2 cloves garlic finely chopped
- 28 ounces tomatoes diced undrained canned
- 4.5 ounces rotini pasta uncooked
- 1 serving parmesan shredded

Equipment

- slow cooker

Directions

- Mix all ingredients except pasta and cheese in 4- to 5-quart slow cooker.
- Cover and cook on low heat setting 8 to 9 hours.
- Stir in pasta. Increase heat setting to high. Cover and cook 15 to 20 minutes or until pasta is tender.
- Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:25.43, Glycemic Load:4.81, Inflammation Score:-9, Nutrition Score:10.548261020495%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 90.78kcal (4.54%), Fat: 1.19g (1.83%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 14.87g (5.41%), Sugar: 6.17g (6.86%), Cholesterol: 3.27mg (1.09%), Sodium: 642.91mg (27.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin A: 2287.05IU (45.74%), Vitamin C: 22.69mg (27.5%), Manganese: 0.33mg (16.45%), Vitamin K: 14.05µg (13.38%), Potassium: 453.56mg (12.96%),

Selenium: 8.81µg (12.59%), Vitamin B6: 0.23mg (11.48%), Vitamin B2: 0.17mg (10.14%), Copper: 0.18mg (9.19%), Iron: 1.65mg (9.17%), Vitamin B3: 1.83mg (9.14%), Fiber: 2.13g (8.54%), Phosphorus: 84.16mg (8.42%), Calcium: 82.24mg (8.22%), Folate: 32.52µg (8.13%), Vitamin B1: 0.11mg (7.64%), Magnesium: 30.09mg (7.52%), Vitamin E: 0.9mg (6.03%), Vitamin B5: 0.53mg (5.3%), Zinc: 0.61mg (4.07%)