



Slow-Cooker Tuscan Bean Soup



Gluten Free



Dairy Free

READY IN



505 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz great northern beans rinsed drained canned
- ☐ 2 cups carrots sliced
- ☐ 3.5 cups chicken broth (from 32-oz carton)
- ☐ 2 cups finely-chopped ham diced fully cooked
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon seasoning italian
- ☐ 0.5 cup onion chopped

- ☐ 1 lb potatoes – remove skin red cut into fourths (3 cups)
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

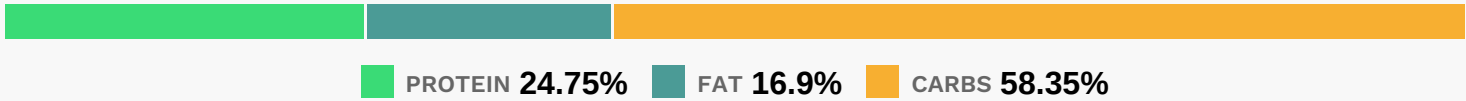
Equipment

- ☐ slow cooker

Directions

- ☐ In 3- to 4-quart slow cooker, mix all ingredients except parsley and oil.
- ☐ Cover: cook on Low heat setting 8 to 10 hours.
- ☐ Stir in parsley and oil before serving.

Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:25.471739209217%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 324.58kcal (16.23%), Fat: 6.23g (9.58%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 38.54g (14.01%), Sugar: 4.19g (4.65%), Cholesterol: 30.24mg (10.08%), Sodium: 1187.67mg (51.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.53g (41.05%), Vitamin A: 7254.27IU (145.09%), Manganese: 0.88mg (43.99%), Fiber: 9.86g (39.44%), Phosphorus: 375.96mg (37.6%), Folate: 143.04µg (35.76%), Vitamin B1: 0.53mg (35.36%), Vitamin K: 36µg (34.29%), Potassium: 1143.66mg (32.68%), Vitamin C: 22.72mg (27.54%), Magnesium: 106.48mg (26.62%), Vitamin B6: 0.47mg (23.36%), Copper: 0.42mg (21.16%), Selenium: 14.46µg (20.66%), Iron: 3.57mg (19.85%), Vitamin B2: 0.31mg (18.32%), Vitamin B3: 3.64mg (18.18%), Zinc: 2.27mg (15.11%), Calcium: 116.67mg (11.67%), Vitamin B5: 1.09mg (10.93%), Vitamin B12: 0.56µg (9.31%), Vitamin E: 0.6mg (4.02%)