



Slow-Cooker Two-Bean Minestrone



Vegetarian



Vegan



Dairy Free

READY IN



505 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz kidney beans dark red drained canned
- ☐ 15 oz garbanzo beans drained canned
- ☐ 12 oz savory vegetable mixed frozen
- ☐ 14.5 oz tomatoes diced with basil, garlic and oregano, undrained canned
- ☐ 1 large vegetable cube
- ☐ 11 oz vegetable juice canned
- ☐ 1 cup water
- ☐ 0.5 cup elbow macaroni uncooked

☐ 7 oz basil pesto refrigerated

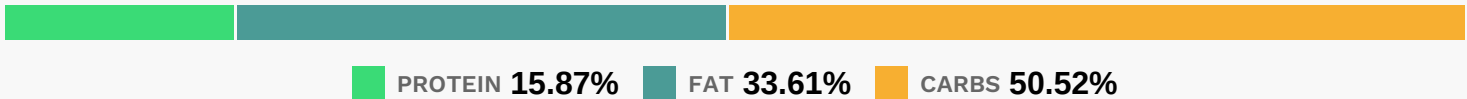
Equipment

☐ slow cooker

Directions

- ☐ In 3 1/2- to 4-quart slow cooker, mix all ingredients except macaroni and pesto.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Stir in macaroni. Cover; cook on Low heat setting about 15 minutes or until macaroni is tender. Top each serving with spoonful of pesto.

Nutrition Facts



Properties

Glycemic Index:26.6, Glycemic Load:9.17, Inflammation Score:-10, Nutrition Score:21.385652272598%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 384.78kcal (19.24%), Fat: 14.7g (22.62%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 49.72g (16.57%), Net Carbohydrates: 37.08g (13.48%), Sugar: 4.98g (5.54%), Cholesterol: 2.65mg (0.88%), Sodium: 838.23mg (36.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.25%), Vitamin A: 4064.49IU (81.29%), Manganese: 1.22mg (60.79%), Fiber: 12.65g (50.59%), Vitamin C: 28.57mg (34.64%), Folate: 133.88µg (33.47%), Vitamin B6: 0.57mg (28.37%), Iron: 4.66mg (25.88%), Phosphorus: 225.86mg (22.59%), Potassium: 763.01mg (21.8%), Copper: 0.42mg (21%), Magnesium: 78.75mg (19.69%), Vitamin B1: 0.25mg (16.44%), Calcium: 145.26mg (14.53%), Selenium: 9.94µg (14.2%), Zinc: 1.77mg (11.78%), Vitamin B3: 1.9mg (9.49%), Vitamin B2: 0.14mg (8.51%), Vitamin K: 7.95µg (7.57%), Vitamin B5: 0.59mg (5.91%), Vitamin E: 0.5mg (3.33%)