



## Slow-Cooker Two-Potato Vegetable Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



755 min.

SERVINGS



4

CALORIES



108 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 large russet peeled cut into 1/2-inch cubes (1 1/4 cups)
- 1 medium baking potatoes cut into 1/2-inch cubes (1 cup)
- 0.3 cup onion chopped ( )
- 14.5 oz tomatoes diced with basil, garlic and oregano, undrained canned
- 2.5 cups water
- 0.8 teaspoon salt
- 2 vegetable cube
- 2 cups peas-carrots mix shopping list frozen thawed (from 1-lb bag)

# Equipment

slow cooker

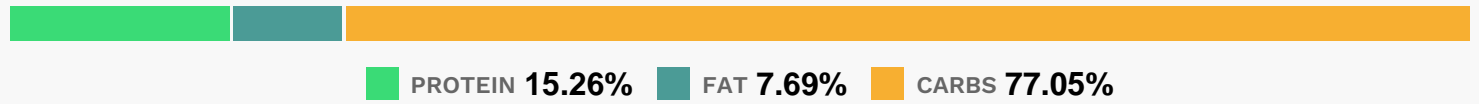
# Directions

In 3- to 4-quart slow cooker, mix all ingredients except peas and carrots.

Cover; cook on Low setting 8 to 12 hours.

About 15 minutes before serving, stir thawed peas and carrots into soup. Cover; cook on Low setting 15 minutes longer or until peas and carrots are thoroughly heated.

# Nutrition Facts



# Properties

Glycemic Index:31.69, Glycemic Load:7.77, Inflammation Score:-10, Nutrition Score:13.400869504265%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

# Nutrients (% of daily need)

Calories: 108.02kcal (5.4%), Fat: 1.02g (1.56%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 18.56g (6.75%), Sugar: 3.34g (3.71%), Cholesterol: 0mg (0%), Sodium: 988.74mg (42.99%), Alcohol: 0.08g (100%), Alcohol %: 0.03% (100%), Protein: 4.53g (9.06%), Vitamin A: 6768.87IU (135.38%), Vitamin C: 21.17mg (25.66%), Vitamin B6: 0.38mg (19.02%), Fiber: 4.31g (17.24%), Manganese: 0.34mg (17.07%), Potassium: 565.75mg (16.16%), Vitamin B1: 0.23mg (15.17%), Iron: 2.24mg (12.46%), Vitamin B3: 2.28mg (11.41%), Copper: 0.22mg (10.8%), Folate: 42.78µg (10.69%), Magnesium: 38.64mg (9.66%), Phosphorus: 93.72mg (9.37%), Vitamin B2: 0.13mg (7.85%), Calcium: 64.69mg (6.47%), Vitamin E: 0.71mg (4.71%), Zinc: 0.7mg (4.64%), Vitamin B5: 0.43mg (4.33%), Vitamin K: 3.98µg (3.79%), Selenium: 1.21µg (1.72%)