



Slow-Cooker Two-Potato Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



755 min.

SERVINGS



4

CALORIES



181 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

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

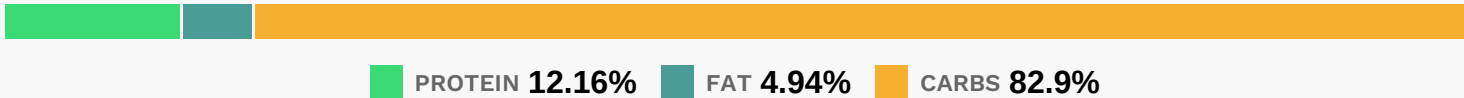
Equipment

☐ 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:42.44, Glycemic Load:16.21, Inflammation Score:-10, Nutrition Score:17.149130437685%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 180.54kcal (9.03%), Fat: 1.06g (1.63%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 33.11g (12.04%), Sugar: 6.89g (7.66%), Cholesterol: 0mg (0%), Sodium: 1035.49mg (45.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.73%), Vitamin A: 18827.82IU (376.56%), Vitamin C: 23.21mg (28.14%), Manganese: 0.56mg (28.03%), Vitamin B6: 0.56mg (27.91%), Fiber: 6.86g (27.44%), Potassium: 852.19mg (24.35%), Vitamin B1: 0.29mg (19.59%), Copper: 0.34mg (17.22%), Iron: 2.76mg (15.34%), Magnesium: 59.89mg (14.97%), Vitamin B3: 2.76mg (13.78%), Phosphorus: 133.66mg (13.37%), Folate: 52.13µg (13.03%), Vitamin B5: 1.11mg (11.13%), Vitamin B2: 0.19mg (10.9%), Calcium: 90.19mg (9.02%), Zinc: 0.95mg (6.33%), Vitamin E: 0.93mg (6.18%), Vitamin K: 5.51µg (5.25%), Selenium: 1.72µg (2.45%)