



Slow-Cooker Vegetable, Bean and Ham Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



1220 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots sliced (2 medium)
- 1 cup celery sliced (2 medium stalks)
- 6 oz finely-chopped ham diced cooked
- 2 bay leaves dried
- 1 cup navy beans dried (from 16-oz bag)
- 28 oz fat-skimmed beef broth fat-free 33% with less sodium canned
- 0.3 teaspoon garlic powder
- 0.3 teaspoon pepper

0.8 cup water

Equipment

slow cooker

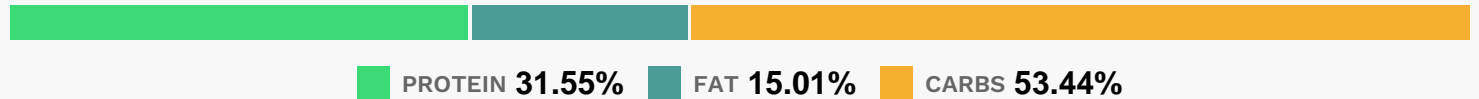
Directions

Sort beans; rinse well and drain. Soak beans at least 8 hours or overnight as directed on bag; drain.

In 3- to 4-quart slow cooker, mix beans and all remaining ingredients.

Cover; cook on Low setting 8 to 12 hours. Before serving, remove and discard bay leaves.

Nutrition Facts



Properties

Glycemic Index:28.96, Glycemic Load:1.15, Inflammation Score:-10, Nutrition Score:26.53260862309%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 264.28kcal (13.21%), Fat: 4.49g (6.9%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 21.89g (7.96%), Sugar: 4.18g (4.64%), Cholesterol: 31.04mg (10.35%), Sodium: 1350.05mg (58.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.21g (42.43%), Vitamin A: 5463.07IU (109.26%), Fiber: 14.05g (56.2%), Folate: 207.91µg (51.98%), Vitamin B1: 0.67mg (44.64%), Manganese: 0.87mg (43.64%), Phosphorus: 375.93mg (37.59%), Copper: 0.55mg (27.65%), Potassium: 967.44mg (27.64%), Magnesium: 109.39mg (27.35%), Selenium: 18.69µg (26.7%), Vitamin B6: 0.43mg (21.32%), Vitamin B3: 4.16mg (20.78%), Iron: 3.68mg (20.47%), Zinc: 3.01mg (20.06%), Vitamin B12: 1µg (16.61%), Vitamin B2: 0.26mg (15.4%), Vitamin C: 12.6mg (15.28%), Vitamin K: 13.13µg (12.5%), Vitamin B5: 1.15mg (11.49%), Calcium: 110.04mg (11%), Vitamin E: 0.29mg (1.95%)