



Slow-Cooker Vegetable Minestrone

READY IN



455 min.

SERVINGS



12

CALORIES



100 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups vegetable stock (from 32-oz carton)
- 4 cups sacramento tomato juice
- 1 tablespoon basil dried
- 1 teaspoon salt
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper
- 1 cup carrots sliced
- 1 cup celery stalks chopped
- 0.5 cup onion chopped

- 3 oz mushrooms fresh sliced
- 2 garlic clove finely chopped
- 28 oz canned tomatoes diced organic undrained canned
- 4.5 oz rotini pasta uncooked
- 1 serving parmesan shredded

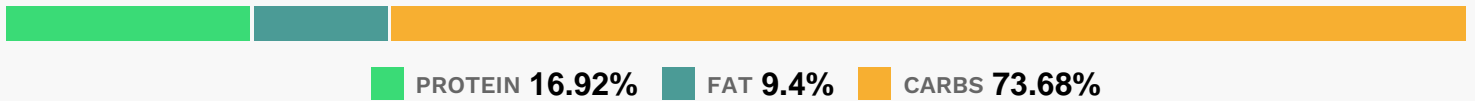
Equipment

- slow cooker

Directions

- In 4- to 5-quart slow cooker, mix all ingredients except pasta and cheese.
- Cover; cook on Low heat setting 7 to 8 hours.
- Stir in pasta. Increase heat setting to High; cover and cook 15 to 20 minutes longer or until pasta is tender.
- Sprinkle each serving with cheese.
- Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:32.35, Glycemic Load:6.61, Inflammation Score:-9, Nutrition Score:11.411304328753%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 99.72kcal (4.99%), Fat: 1.12g (1.73%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 17.09g (6.22%), Sugar: 7.82g (8.69%), Cholesterol: 1.7mg (0.57%), Sodium: 658.31mg (28.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin A: 2517.16IU (50.34%), Vitamin C: 22.6mg (27.4%), Manganese: 0.36mg (18.13%), Vitamin K: 15.63µg (14.89%), Potassium: 506.02mg (14.46%), Vitamin B6: 0.25mg (12.72%), Selenium: 8.75µg (12.49%), Copper: 0.24mg (12.23%), Fiber: 2.72g (10.88%), Iron: 1.81mg (10.05%), Vitamin B3: 1.96mg (9.8%), Folate: 35.67µg (8.92%), Phosphorus: 88.84mg (8.88%), Magnesium: 35.18mg (8.8%), Vitamin E: 1.25mg (8.33%), Calcium: 81.06mg (8.11%), Vitamin B1: 0.12mg (7.82%), Vitamin B2: 0.12mg (7.09%), Vitamin B5: 0.61mg (6.15%), Zinc: 0.64mg (4.24%)