



Slow-Cooker Vegetable Minestrone

READY IN



455 min.

SERVINGS



12

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 oz canned tomatoes diced organic undrained canned
- 1 cup carrots sliced
- 1 cup celery stalks chopped
- 4 cups vegetable stock (from 32-oz carton)
- 1 tablespoon basil dried
- 3 oz mushrooms fresh sliced
- 2 garlic clove finely chopped
- 0.5 cup onion chopped
- 0.5 teaspoon oregano dried

- 12 servings parmesan shredded
- 0.3 teaspoon pepper
- 4.5 oz rotini pasta uncooked
- 1 teaspoon salt
- 4 cups sacramento tomato juice

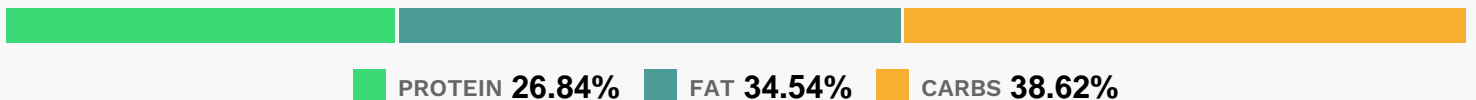
Equipment

- 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 manufacturers directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:32.35, Glycemic Load:6.85, Inflammation Score:-9, Nutrition Score:15.42173893037%

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, Myricetin: 0.05mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 207.52kcal (10.38%), Fat: 8.23g (12.66%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 17.98g (6.54%), Sugar: 8.04g (8.93%), Cholesterol: 20.4mg (6.8%), Sodium: 1098.86mg (47.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.76%), Vitamin A: 2731.94IU (54.64%), Calcium: 406.66mg (40.67%), Phosphorus: 279.69mg (27.97%), Vitamin C: 22.6mg (27.4%), Selenium: 14.93µg (21.33%), Manganese: 0.37mg (18.4%), Vitamin K: 16.1µg (15.33%), Potassium: 531.32mg (15.18%), Vitamin B6: 0.28mg (13.98%), Copper: 0.25mg (12.67%), Vitamin B2: 0.21mg (12.46%), Magnesium: 47.28mg (11.82%), Iron: 2.03mg (11.31%), Fiber: 2.72g (10.88%), Vitamin B3: 2.04mg (10.18%), Folate: 37.59µg (9.4%), Zinc: 1.39mg (9.28%), Vitamin E: 1.31mg (8.74%), Vitamin B1: 0.13mg (8.53%), Vitamin B5: 0.74mg (7.39%), Vitamin B12: 0.36µg (6.05%), Vitamin D: 0.16µg (1.09%)