



Slow-Cooker Vegetable Minestrone



Dairy Free

READY IN



455 min.

SERVINGS



12

CALORIES



90 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 oz canned tomatoes diced organic undrained muir glen® canned
- ☐ 1 cup carrots sliced
- ☐ 1 cup celery stalks chopped
- ☐ 4 cups vegetable stock progresso® (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
- ☐ 0.3 teaspoon pepper
- ☐ 4.5 oz rotini pasta uncooked
- ☐ 1 teaspoon salt
- ☐ 4 cups sacramento tomato juice

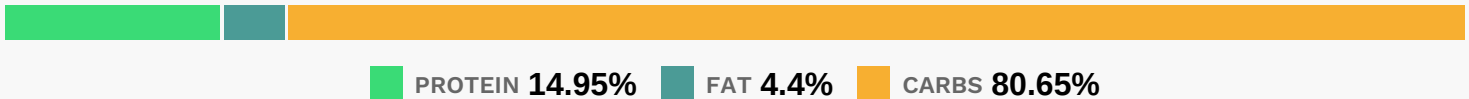
Equipment

- ☐ 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 manufacturer’s directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:30.1, Glycemic Load:6.59, Inflammation Score:-9, Nutrition Score:11.046087011857%

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: 89.92kcal (4.5%), Fat: 0.48g (0.74%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 17.01g (6.19%), Sugar: 7.8g (8.67%), Cholesterol: 0mg (0%), Sodium: 618.26mg (26.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Vitamin A: 2497.64IU (49.95%), Vitamin C: 22.6mg (27.4%), Manganese: 0.36mg (18.1%), Vitamin K: 15.59µg (14.85%), Potassium: 503.72mg (14.39%), Vitamin B6: 0.25mg (12.61%), Copper: 0.24mg (12.19%), Selenium: 8.18µg (11.69%), Fiber: 2.72g (10.88%), Iron: 1.79mg (9.94%), Vitamin B3: 1.95mg (9.77%), Folate: 35.49µg (8.87%), Magnesium: 34.08mg (8.52%), Vitamin E: 1.24mg (8.3%), Vitamin B1: 0.12mg (7.75%), Phosphorus: 71.49mg (7.15%), Vitamin B2: 0.11mg (6.6%), Vitamin B5: 0.6mg (6.03%), Calcium: 51.46mg (5.15%), Zinc: 0.57mg (3.78%)