



Slow-Cooker Vegetable Rice Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



395 min.

SERVINGS



7

CALORIES



172 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 oz vegetable stock canned
- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 1.5 cups carrots chopped
- ☐ 3 small zucchini cut into 1/2-inch slices
- ☐ 1 medium bell pepper yellow cut into 1/2-inch pieces
- ☐ 0.5 cup spring onion sliced
- ☐ 2 cloves garlic finely chopped
- ☐ 2 cups cabbage shredded

- ☐ 2 teaspoons marjoram dried
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup rice instant uncooked
- ☐ 0.3 cup basil fresh chopped

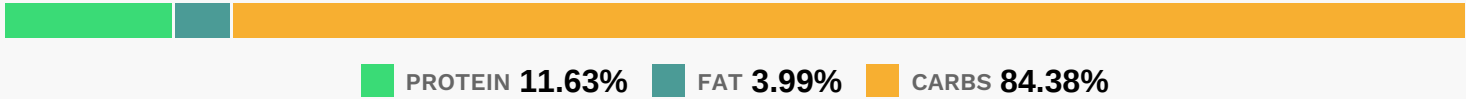
Equipment

- ☐ slow cooker

Directions

- ☐ In 3 1/2- to 6-quart slow cooker, mix all ingredients except rice and basil.
- ☐ Cover; cook on Low heat setting 6 to 8 hours.
- ☐ Stir in rice. Cover; cook on Low heat setting about 15 minutes longer or until rice is tender. Stir in basil.

Nutrition Facts



Properties

Glycemic Index:59.15, Glycemic Load:17.22, Inflammation Score:-10, Nutrition Score:19.714782445327%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 171.87kcal (8.59%), Fat: 0.8g (1.24%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 38.18g (12.73%), Net Carbohydrates: 33.5g (12.18%), Sugar: 9.37g (10.41%), Cholesterol: 0mg (0%), Sodium: 965.08mg (41.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Vitamin A: 5341.51IU (106.83%), Vitamin C: 61.4mg (74.42%), Vitamin K: 45.68µg (43.51%), Manganese: 0.72mg (36.14%), Vitamin B6: 0.4mg (20.2%), Potassium: 679.58mg (19.42%), Fiber: 4.67g (18.69%), Copper: 0.34mg (17.01%), Folate: 52.49µg (13.12%), Iron: 2.31mg (12.82%), Vitamin B3: 2.56mg (12.79%), Magnesium: 48.54mg (12.14%), Vitamin E: 1.77mg (11.78%), Vitamin B1: 0.17mg (11.16%),

Phosphorus: 109.41mg (10.94%), Vitamin B2: 0.16mg (9.13%), Vitamin B5: 0.85mg (8.45%), Calcium: 82.27mg (8.23%), Selenium: 5.08µg (7.26%), Zinc: 0.93mg (6.23%)