



Slow Cooker Vegetarian Minestrone

 Popular

READY IN



395 min.

SERVINGS



8

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce kidney beans drained canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 large carrots diced
- ☐ 2 ribs celery diced
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 0.5 cup elbow macaroni
- ☐ 1 tablespoon parsley fresh minced

- ☐ 3 cloves garlic minced
- ☐ 1 cup green beans
- ☐ 1 large onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 cup parmesan cheese finely grated to taste
- ☐ 1 teaspoon salt
- ☐ 4 cups pkt spinach fresh chopped
- ☐ 6 cups vegetable broth
- ☐ 1 small zucchini

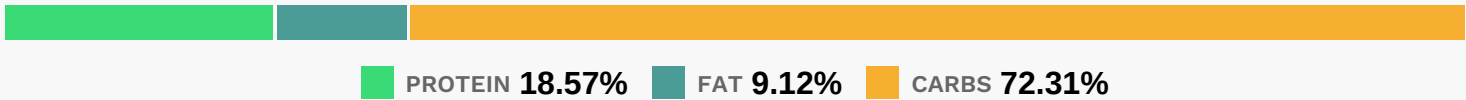
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Combine vegetable broth, tomatoes, kidney beans, onion, celery, carrots, green beans, zucchini, garlic, parsley, oregano, salt, thyme, and black pepper in a 6-quart slow cooker.
- ☐ Cook on Low for 6 to 8 hours.
- ☐ Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes; drain.
- ☐ Stir spinach and macaroni into minestrone; cook another 15 minutes. Top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:54.1, Glycemic Load:7.19, Inflammation Score:-10, Nutrition Score:21.814782631462%

Flavonoids

Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 159kcal (7.95%), Fat: 1.73g (2.66%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 30.79g (10.26%), Net Carbohydrates: 23.73g (8.63%), Sugar: 9.78g (10.86%), Cholesterol: 2.72mg (0.91%), Sodium: 1353.6mg (58.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.81%), Vitamin A: 5251.56IU (105.03%), Vitamin K: 104.14µg (99.18%), Manganese: 0.72mg (36.21%), Fiber: 7.06g (28.26%), Vitamin C: 21.92mg (26.57%), Potassium: 730.04mg (20.86%), Folate: 78.19µg (19.55%), Vitamin B6: 0.35mg (17.64%), Copper: 0.35mg (17.52%), Iron: 3.11mg (17.28%), Magnesium: 66.46mg (16.62%), Phosphorus: 159.62mg (15.96%), Vitamin B1: 0.2mg (13.04%), Calcium: 126.11mg (12.61%), Vitamin E: 1.89mg (12.57%), Selenium: 8.4µg (12%), Vitamin B2: 0.19mg (10.89%), Vitamin B3: 2.17mg (10.85%), Zinc: 1.14mg (7.6%), Vitamin B5: 0.57mg (5.73%)