



## Slow-Cooker Veggie Lover's Minestrone

READY IN



430 min.

SERVINGS



8

CALORIES



289 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 32 oz vegetable stock (4 cups)
- 28 oz canned tomatoes diced organic undrained canned
- 9 oz baby lima beans frozen thawed
- 1.5 cups onion chopped
- 0.8 cup carrots chopped
- 2 cloves garlic finely chopped
- 0.5 teaspoon salt
- 0.5 teaspoon pepper freshly ground
- 4.5 oz rotini pasta uncooked

- 1 medium zucchini cut in half lengthwise, then cut crosswise into 1/4-inch pieces
- 1 medium to 3 sized squashes yellow cut in half lengthwise, then cut crosswise into 1/4-inch pieces
- 7 oz basil pesto refrigerated
- 2 oz parmesan shaved

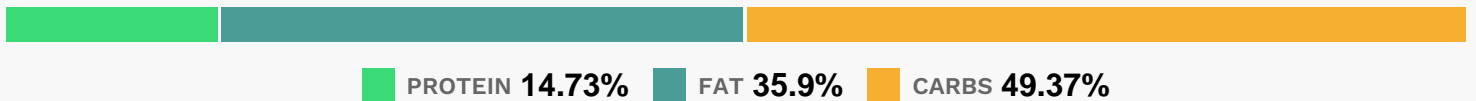
## Equipment

- slow cooker

## Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In slow cooker, mix broth, tomatoes, lima beans, onions, carrots, garlic, salt and pepper.
- Cover; cook on Low heat setting 6 hours. Stir in pasta, zucchini and yellow squash. Cover; cook 1 hour longer or until vegetables are tender. Top individual servings with pesto and cheese.

## Nutrition Facts



## Properties

Glycemic Index:41.85, Glycemic Load:8.87, Inflammation Score:-9, Nutrition Score:16.173913068745%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

## Nutrients (% of daily need)

Calories: 288.9kcal (14.44%), Fat: 11.86g (18.24%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 30.57g (11.12%), Sugar: 9.61g (10.67%), Cholesterol: 6.8mg (2.27%), Sodium: 1105.01mg (48.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.89%), Vitamin A: 3174.66IU (63.49%), Manganese: 0.72mg (36.2%), Vitamin C: 23.49mg (28.47%), Fiber: 6.11g (24.46%), Potassium: 692mg (19.77%), Calcium: 192.56mg (19.26%), Vitamin B6: 0.38mg (19.23%), Selenium: 13.31µg (19.02%), Phosphorus: 177.11mg (17.71%), Copper: 0.32mg (15.87%), Magnesium: 60.78mg (15.2%), Iron: 2.71mg (15.03%), Vitamin B1: 0.17mg (11.6%), Folate: 46.2µg (11.55%), Vitamin B3: 2.22mg (11.09%), Vitamin B2: 0.18mg (10.74%), Vitamin E: 1.42mg (9.46%),

Vitamin K: 9.11µg (8.67%), Zinc: 1.13mg (7.52%), Vitamin B5: 0.6mg (6%), Vitamin B12: 0.09µg (1.42%)