



Vegetarian Slow Cooker Meal

READY IN



305 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce cheese-filled tortellini frozen
- 8 ounce cream cheese cut into pieces
- 1 cup crimini mushrooms sliced ('baby bella')
- 8 ounce pkt spinach fresh
- 32 fluid ounce vegetable broth

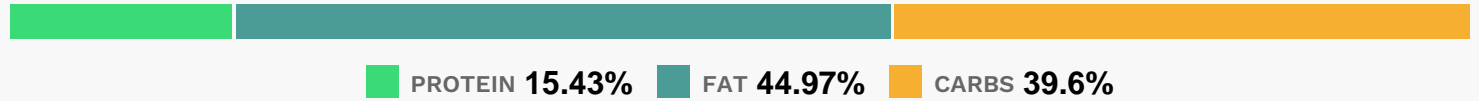
Equipment

- slow cooker

Directions

- Stir vegetable broth, tortellini, cream cheese, spinach, and mushrooms together in a slow cooker.
- Cook on Low for 5 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:16.61, Inflammation Score:-10, Nutrition Score:16.139565289668%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 386.63kcal (19.33%), Fat: 19.59g (30.14%), Saturated Fat: 9.78g (61.11%), Carbohydrates: 38.8g (12.93%), Net Carbohydrates: 35.03g (12.74%), Sugar: 5.24g (5.83%), Cholesterol: 66.9mg (22.3%), Sodium: 1108.2mg (48.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Vitamin K: 183.36µg (174.63%), Vitamin A: 4388.01IU (87.76%), Folate: 79.73µg (19.93%), Calcium: 183.22mg (18.32%), Manganese: 0.36mg (18.01%), Iron: 3.04mg (16.9%), Fiber: 3.78g (15.11%), Vitamin C: 10.62mg (12.87%), Vitamin B2: 0.22mg (12.78%), Selenium: 6.75µg (9.64%), Potassium: 314.58mg (8.99%), Magnesium: 34.34mg (8.59%), Phosphorus: 73.37mg (7.34%), Vitamin E: 1.09mg (7.29%), Copper: 0.12mg (5.8%), Vitamin B6: 0.11mg (5.4%), Vitamin B5: 0.42mg (4.2%), Vitamin B3: 0.76mg (3.82%), Zinc: 0.52mg (3.48%), Vitamin B1: 0.05mg (3.31%), Vitamin B12: 0.1µg (1.59%)