



A Green Peas Soup, without Meat

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 pound baby spinach fresh coarsely chopped
- ☐ 1 teaspoon marjoram dried
- ☐ 2 teaspoons thyme leaves dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 teaspoons mint leaves fresh minced
- ☐ 3 to 4 green onions trimmed sliced
- ☐ 0.5 teaspoon mace
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1.5 teaspoons salt
- ☐ 4 tablespoons butter unsalted
- ☐ 6 cups water divided

Equipment

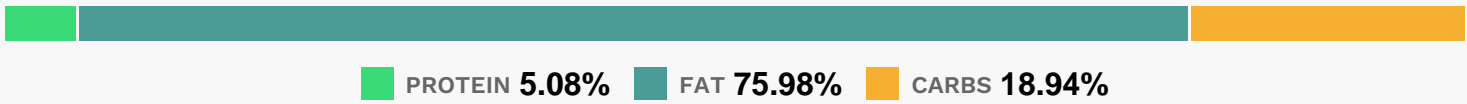
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Put 8 cups of the peas and 4 cups of the water in a large saucepan or Dutch oven.
- ☐ Add the salt, pepper, mace, cloves, thyme, and marjoram, cover, and bring to a boil. Reduce the heat, and simmer for about 45 minutes, until the peas are very tender.
- ☐ Drain the peas, reserving the cooking liquid in the saucepan. Puree the peas in a food processor or with a food mill. If using a food mill, discard the skins. Press the puree through a sieve into the reserved liquid, stirring to combine thoroughly. Cover and set aside to keep warm.
- ☐ Combine the remaining 2 cups of peas with the remaining 2 cups of water in a medium saucepan. Cover and bring to a boil. Reduce the heat and simmer for 20 to 25 minutes, until the peas are just tender.
- ☐ While the second batch of peas is cooking, melt the butter in a sauté pan.
- ☐ Add the green onions, and sauté for about 2 minutes.
- ☐ Add the spinach and mint and stir together, cooking until the spinach has just wilted. Blend in the flour, and cook for about 1 minute.
- ☐ Drain the peas, reserving the cooking liquid, and stir the peas into the warm soup along with the spinach mixture.
- ☐ Heat until it begins to simmer, adding the reserved pea-cooking liquid—a little at a time—if the soup is too thick. Season with additional salt and pepper, if necessary.

- ☐ Pour the soup into a tureen, and garnish with diced toast and shredded calendula blossoms, if desired.
- ☐ From Dining with the Washingtons: Historic Recipes, Entertaining, and Hospitality from Mount Vernon, edited by Stephen A. McLeod. All text © 2011 by the Mount Vernon Ladies' Association. Distributed by The University of North Carolina Press.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:3.39, Inflammation Score:-10, Nutrition Score:12.497826191394%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 133.24kcal (6.66%), Fat: 11.66g (17.94%), Saturated Fat: 7.26g (45.38%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 5.25g (1.91%), Sugar: 0.36g (0.4%), Cholesterol: 30.1mg (10.03%), Sodium: 915.82mg (39.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Vitamin K: 165.49µg (157.61%), Vitamin A: 3123.75IU (62.47%), Manganese: 0.37mg (18.54%), Folate: 73.18µg (18.29%), Vitamin C: 9.99mg (12.11%), Iron: 1.86mg (10.34%), Magnesium: 31.13mg (7.78%), Vitamin E: 0.99mg (6.62%), Copper: 0.12mg (6.23%), Calcium: 61.19mg (6.12%), Potassium: 200.14mg (5.72%), Vitamin B2: 0.1mg (5.7%), Fiber: 1.29g (5.16%), Vitamin B1: 0.08mg (5.03%), Selenium: 2.42µg (3.46%), Vitamin B6: 0.07mg (3.38%), Vitamin B3: 0.62mg (3.11%), Phosphorus: 28.25mg (2.82%), Zinc: 0.31mg (2.1%), Vitamin D: 0.21µg (1.4%)