



HEALTH SCORE

57%

A Green Peas Soup, without Meat



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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
- ☐ 10 cups petits pois fresh green divided (small, young peas)

Equipment

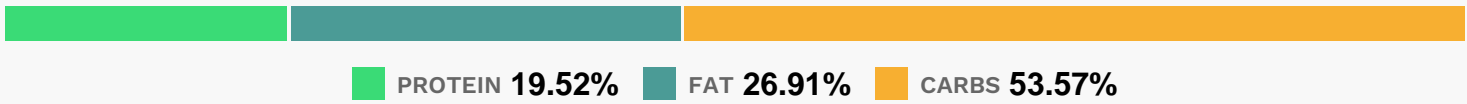
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ dutch oven

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:53.83, Glycemic Load:17.37, Inflammation Score:-10, Nutrition Score:43.511738788822%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg 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: 426.86kcal (21.34%), Fat: 13.11g (20.17%), Saturated Fat: 7.52g (46.99%), Carbohydrates: 58.74g (19.58%), Net Carbohydrates: 36.79g (13.38%), Sugar: 20.92g (23.24%), Cholesterol: 30.1mg (10.03%), Sodium: 933.95mg (40.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.4g (42.81%), Vitamin K: 255.39µg (243.23%), Vitamin C: 154.99mg (187.87%), Vitamin A: 5896.87IU (117.94%), Manganese: 1.86mg (92.85%), Fiber: 21.95g (87.81%), Folate: 308.8µg (77.2%), Vitamin B1: 1.04mg (69.32%), Phosphorus: 419.75mg (41.97%), Vitamin B3: 8.2mg (40.99%), Iron: 7.19mg (39.94%), Copper: 0.76mg (38.13%), Magnesium: 150.76mg (37.69%), Vitamin B6: 0.68mg (34.01%), Vitamin B2: 0.58mg (33.85%), Zinc: 4.81mg (32.06%), Potassium: 1084.64mg (30.99%), Calcium: 151.81mg (15.18%), Selenium: 8.95µg (12.78%), Vitamin E: 1.46mg (9.76%), Vitamin B5: 0.44mg (4.44%), Vitamin D: 0.21µg (1.4%)