



HEALTH SCORE

69%

Bob's Stick-To-Your-Ribs Split Pea Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



135 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2.3 cups peas split



8 cups water



1 meaty ham bone



1.5 cups onion chopped



1 teaspoon sea salt to taste



0.5 teaspoon pepper black to taste



0.3 teaspoon marjoram dried



1 bay leaf

- ☐ 1 cup celery diced peeled
- ☐ 1 cup carrots diced

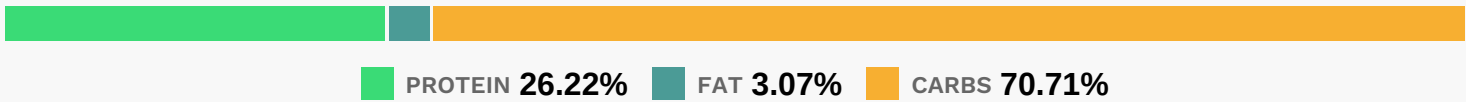
Equipment

- ☐ pot

Directions

- ☐ Sort and rinse split peas.
- ☐ Place the split peas in a large pot and cover with the water.
- ☐ Add the ham bone, onion, salt, pepper, marjoram, and bay leaf.
- ☐ Bring the soup to a boil, cover, reduce the heat, and simmer very gently for 1½ hours.
- ☐ Remove the ham bone, cut the meat off, and dice the meat.
- ☐ Return the ham to the soup, add the celery or potato and carrots.
- ☐ Continue to cook the soup for 30 to 40 minutes, or until the vegetables are soft.
- ☐ Remove and discard the bay leaf. Season with additional salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:17.23, Glycemic Load:1.2, Inflammation Score:-9, Nutrition Score:17.739130491796%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 209.62kcal (10.48%), Fat: 0.74g (1.14%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 22.92g (8.34%), Sugar: 6.63g (7.37%), Cholesterol: 0mg (0%), Sodium: 333.2mg (14.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.36%), Fiber: 15.32g (61.3%), Vitamin A: 2814.51IU (56.29%),

Manganese: 0.86mg (43.16%), Folate: 165.15µg (41.29%), Vitamin B1: 0.43mg (28.63%), Copper: 0.54mg (27.15%), Phosphorus: 220.34mg (22.03%), Potassium: 673.2mg (19.23%), Magnesium: 72.64mg (18.16%), Iron: 2.61mg (14.52%), Vitamin K: 14.19µg (13.51%), Zinc: 1.8mg (12%), Vitamin B5: 1.09mg (10.87%), Vitamin B3: 1.84mg (9.17%), Vitamin B2: 0.14mg (8.47%), Vitamin B6: 0.16mg (8.22%), Calcium: 55.7mg (5.57%), Vitamin C: 4.56mg (5.53%), Selenium: 1.11µg (1.59%), Vitamin E: 0.2mg (1.31%)