



Buttery Baby Pea Soup with Pan Grilled Bread

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 demi-baguette french thick cut into 8 (1/2-inch) slices
- 4 tablespoons butter
- 6 servings kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 6 servings olive oil extra-virgin
- 2 medium onions roughly chopped
- 2 pounds peas green frozen
- 0.5 cup cup heavy whipping cream sour for garnish

- 29 ounce vegetable broth canned

Equipment

- food processor
- bowl
- pot
- blender
- grill
- immersion blender
- grill pan

Directions

- Watch how to make this recipe.
- In a medium pot, combine peas, butter, broth, and onions. If the peas are not submerged in liquid, add just enough water to cover them. Bring to a simmer over medium heat and cook for about 7 to 10 minutes, or until the onions are soft enough to puree and the peas are still bright green.
- While the peas are cooking, grill the bread.
- Heat a grill pan over high heat for 3 minutes.
- Pour some olive oil onto a large plate.
- Sprinkle oil with salt then dip pieces of bread quickly on both sides into the oil. Grill bread until slightly charred and hot, about 3 minutes per side.
- Using an immersion blender, standing blender*, or food processor, puree the soup until smooth and season with salt and freshly ground black pepper, to taste.
- Serve each bowl with a dollop of sour cream on top and grilled bread on the side.
- Remove liquid from the heat and allow to cool for at least 5 minutes.
- Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions.
- Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Nutrition Facts

PROTEIN 10.75% FAT 49.94% CARBS 39.31%

Properties

Glycemic Index:45.01, Glycemic Load:21.14, Inflammation Score:-9, Nutrition Score:23.843912951324%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 480.79kcal (24.04%), Fat: 27.07g (41.65%), Saturated Fat: 9.02g (56.35%), Carbohydrates: 47.95g (15.98%), Net Carbohydrates: 37.81g (13.75%), Sugar: 13.91g (15.45%), Cholesterol: 31.38mg (10.46%), Sodium: 1074.66mg (46.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.22%), Vitamin C: 63.36mg (76.81%), Vitamin K: 48.43µg (46.12%), Vitamin B1: 0.67mg (44.4%), Manganese: 0.88mg (43.8%), Fiber: 10.14g (40.57%), Folate: 151.28µg (37.82%), Vitamin A: 1802.45IU (36.05%), Vitamin B3: 5.12mg (25.59%), Phosphorus: 230.47mg (23.05%), Vitamin B2: 0.38mg (22.28%), Iron: 3.84mg (21.35%), Vitamin B6: 0.35mg (17.56%), Vitamin E: 2.63mg (17.54%), Copper: 0.34mg (16.79%), Magnesium: 66.67mg (16.67%), Zinc: 2.34mg (15.6%), Selenium: 10.88µg (15.54%), Potassium: 501.83mg (14.34%), Calcium: 112.28mg (11.23%), Vitamin B5: 0.44mg (4.36%)