



Canadian Yellow Split Pea Soup with Ham

 Gluten Free  Dairy Free

READY IN



230 min.

SERVINGS



12

CALORIES



154 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 carrots diced
- 5 stalks celery diced
- 2 teaspoons thyme leaves dried
- 1 pinch ground pepper black to taste
- 1 ham bone with some meat
- 2 tablespoons kosher salt
- 0.5 large onion diced spanish
- 2.5 cups peas split yellow

Equipment

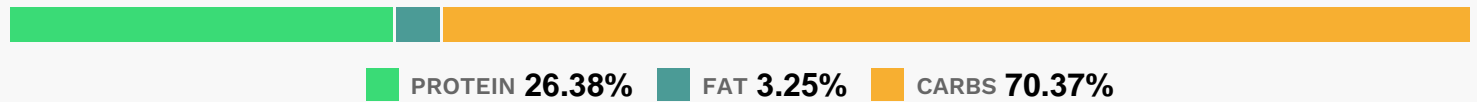
pot

Directions

Place split peas, ham bone, carrots, onion, celery, thyme, bay leaf, salt, and pepper into a large pot; pour in water. Bring mixture to a boil and skim off any foam with a spoon. Reduce heat; place a lid on the pot slightly ajar to allow some evaporation. Simmer, stirring occasionally, until peas are tender and soup is thick, about 3 hours.

Remove ham bone from soup; strip meat from ham bone, chop meat, and return it to the pot.

Nutrition Facts



Properties

Glycemic Index:11.49, Glycemic Load:0.85, Inflammation Score:-10, Nutrition Score:14.744347805562%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 153.6kcal (7.68%), Fat: 0.57g (0.88%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 27.92g (9.31%), Net Carbohydrates: 16.44g (5.98%), Sugar: 4.74g (5.26%), Cholesterol: 0mg (0%), Sodium: 1196.6mg (52.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.46g (20.93%), Vitamin A: 3539.38IU (70.79%), Fiber: 11.47g (45.89%), Manganese: 0.64mg (32.12%), Folate: 123.96µg (30.99%), Vitamin B1: 0.32mg (21.24%), Copper: 0.38mg (18.76%), Phosphorus: 163.49mg (16.35%), Vitamin K: 16.41µg (15.63%), Potassium: 521.85mg (14.91%), Magnesium: 52.51mg (13.13%), Iron: 2.14mg (11.9%), Zinc: 1.33mg (8.87%), Vitamin B5: 0.83mg (8.26%), Vitamin B3: 1.45mg (7.27%), Vitamin B2: 0.11mg (6.58%), Vitamin B6: 0.12mg (6.01%), Calcium: 41.29mg (4.13%), Vitamin C: 3mg (3.64%), Vitamin E: 0.23mg (1.53%), Selenium: 0.79µg (1.12%)