



Chilled Green Pea Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup cucumber english peeled chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 4 cups blanched peas
- ☐ 0.3 teaspoon pepper
- ☐ 1.3 teaspoons salt
- ☐ 0.3 cup heavy whipping cream sour
- ☐ 0.3 cup onion sweet chopped
- ☐ 2 cups water

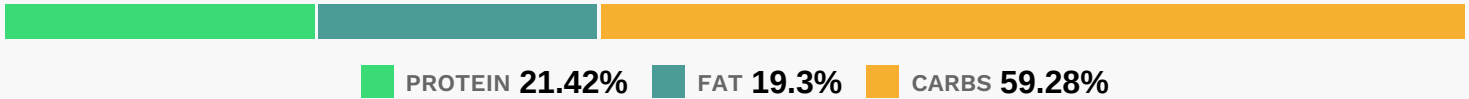
Equipment

☐ blender

Directions

- ☐ Process peas, water, cucumber, onion, mint, and sour cream in a blender until smooth. Stir in salt and pepper. Cover and chill 1 to 8 hours.
- ☐ How to Blanch Peas: Cook desired amount of fresh sweet peas, snow peas, or sugar snap peas in boiling salted water to cover 1 to 3 minutes or until crisp-tender; drain. Plunge into ice-cold water to stop the cooking process; drain.

Nutrition Facts



Properties

Glycemic Index:9.54, Glycemic Load:2.8, Inflammation Score:-6, Nutrition Score:8.8278260801149%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 77.65kcal (3.88%), Fat: 1.72g (2.64%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 7.5g (2.73%), Sugar: 4.82g (5.36%), Cholesterol: 4.24mg (1.41%), Sodium: 373.28mg (16.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin C: 30.12mg (36.5%), Vitamin K: 20.34µg (19.37%), Fiber: 4.37g (17.48%), Manganese: 0.34mg (16.88%), Vitamin A: 673.18IU (13.46%), Vitamin B1: 0.2mg (13.4%), Folate: 51.23µg (12.81%), Phosphorus: 89.36mg (8.94%), Vitamin B3: 1.57mg (7.83%), Copper: 0.15mg (7.61%), Magnesium: 28.62mg (7.15%), Vitamin B6: 0.14mg (6.96%), Vitamin B2: 0.12mg (6.88%), Iron: 1.2mg (6.67%), Zinc: 0.98mg (6.52%), Potassium: 219.85mg (6.28%), Calcium: 34.16mg (3.42%), Selenium: 1.64µg (2.34%), Vitamin B5: 0.14mg (1.44%)