



## Chilled Minted Sweet Pea Soup

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



90 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 tablespoon butter
- 0.3 cup spring onion sliced
- 18 oz peas sweet frozen
- 1.3 cups vegetable stock (from 14-oz can)
- 1 cup buttermilk
- 0.3 cup mint leaves fresh chopped
- 0.3 teaspoon salt
- 1 serving crème fraîche sour

- 1 leaves mint leaves fresh
- 1 serving pepper freshly ground

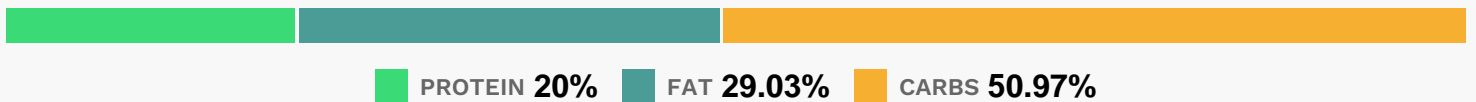
## Equipment

- bowl
- sauce pan
- blender

## Directions

- In 3-quart saucepan, melt butter over medium heat. Cook onions in butter, stirring frequently, until tender.
- Add peas and broth; heat to simmering. Cook 10 minutes, stirring occasionally.
- Remove from heat; cool 20 minutes.
- In blender, place pea mixture, buttermilk, chopped mint and salt. Cover; blend on medium-high speed about 1 minute, stopping frequently to scrape sides, until smooth.
- Pour into large bowl. Cover; refrigerate about 1 hour or until well chilled.
- Garnish individual servings with crème fraîche, mint leaves and pepper.

## Nutrition Facts



## Properties

Glycemic Index:23.04, Glycemic Load:3.19, Inflammation Score:-6, Nutrition Score:8.9752173216447%

## 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: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg 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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 90.01kcal (4.5%), Fat: 2.97g (4.57%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 7.87g (2.86%), Sugar: 5.54g (6.16%), Cholesterol: 4.18mg (1.39%), Sodium: 272.31mg (11.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Vitamin C: 26.76mg (32.44%), Vitamin K: 24.58µg (23.41%), Vitamin A: 789.23IU (15.78%), Fiber: 3.86g (15.44%), Manganese: 0.29mg (14.4%), Vitamin B1: 0.19mg (12.51%), Folate: 47.35µg (11.84%), Phosphorus: 98.52mg (9.85%), Vitamin B2: 0.15mg (8.59%), Vitamin B3: 1.41mg (7.04%), Magnesium: 26.24mg (6.56%), Copper: 0.13mg (6.42%), Zinc: 0.94mg (6.28%), Potassium: 218.47mg (6.24%), Vitamin B6: 0.12mg (6.19%), Iron: 1.08mg (6.02%), Calcium: 59.02mg (5.9%), Selenium: 2.34µg (3.34%), Vitamin D: 0.39µg (2.6%), Vitamin B12: 0.14µg (2.38%), Vitamin B5: 0.19mg (1.95%), Vitamin E: 0.19mg (1.25%)