

Chilled Pea Soup Recipe

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



177 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

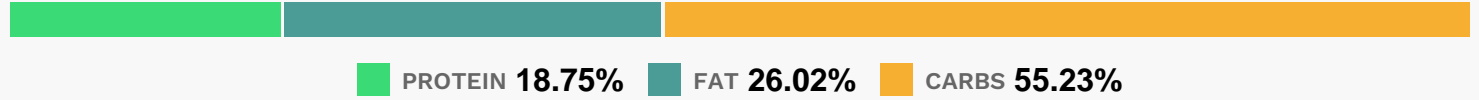
- 2 cups chicken broth
- 1 tablespoon optional: dill fresh snipped
- 3 garlic clove minced
- 2 tablespoons juice of lemon
- 1 tablespoon olive oil
- 3 cups peas frozen thawed
- 0.3 teaspoon pepper
- 0.5 cup yogurt plain

0.5 teaspoon salt

1 medium onion sweet chopped

Equipment

Nutrition Facts



Properties

Glycemic Index:35.08, Glycemic Load:4.69, Inflammation Score:-8, Nutrition Score:15.908260869565%

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 Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg

Nutrients (% of daily need)

Calories: 176.6kcal (8.83%), Fat: 5.28g (8.12%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 18.15g (6.6%), Sugar: 12.46g (13.85%), Cholesterol: 6.33mg (2.11%), Sodium: 753.37mg (32.76%), Protein: 8.56g (17.11%), Vitamin C: 51.31mg (62.2%), Manganese: 0.62mg (31.03%), Vitamin K: 29.63µg (28.22%), Fiber: 7.05g (28.19%), Vitamin B1: 0.36mg (24.22%), Folate: 93.6µg (23.4%), Phosphorus: 177.89mg (17.79%), Vitamin A: 874.49IU (17.49%), Vitamin B6: 0.33mg (16.65%), Vitamin B2: 0.28mg (16.3%), Vitamin B3: 2.69mg (13.44%), Copper: 0.27mg (13.4%), Potassium: 451.68mg (12.91%), Magnesium: 49.47mg (12.37%), Zinc: 1.75mg (11.68%), Iron: 2mg (11.09%), Calcium: 90.99mg (9.1%), Selenium: 3.85µg (5.5%), Vitamin E: 0.74mg (4.94%), Vitamin B5: 0.35mg (3.49%), Vitamin B12: 0.14µg (2.28%)