



 **6%**
HEALTH SCORE

Chilled Pea Soup Shooters

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



122 kcal

SOUP

Ingredients

- 2 teaspoons mint leaves fresh chopped
- 4 cups chicken broth low-sodium
- 8 servings mint leaves
- 20 oz peas green frozen
- 8 servings salt and pepper
- 6 spring onion
- 0.5 cup yogurt plain
- 0.5 cup yogurt plain

2 tablespoons butter unsalted

Equipment

food processor

bowl

sauce pan

blender

plastic wrap

Directions

Thinly slice white parts of 3 scallions. Melt butter in a large saucepan over medium-high heat.

Add sliced scallions and cook, stirring often, until softened, about 3 minutes.

Add peas and mint.

Pour in broth and bring to a simmer. Cook, stirring often, until peas are very tender, about 10 minutes. Season with salt and pepper.

Working in small batches, transfer soup to a food processor or blender. Puree until smooth.

Pour into a glass bowl; cool for 15 minutes. Loosely cover bowl with plastic wrap and refrigerate until well chilled, at least 4 hours.

Before serving, stir yogurt into soup. Thinly slice all but 1 inch of green parts of remaining scallions. Season soup with salt and pepper, if desired.

Pour into chilled shot glasses; garnish with scallions or mint, if desired.

Serve cold.

Nutrition Facts



PROTEIN 25.77% FAT 27.7% CARBS 46.53%

Properties

Glycemic Index:9.54, Glycemic Load:2.87, Inflammation Score:-7, Nutrition Score:11.771739130435%

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: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 122.13kcal (6.11%), Fat: 3.91g (6.02%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 10.43g (3.79%), Sugar: 6.74g (7.48%), Cholesterol: 8.14mg (2.71%), Sodium: 258.46mg (11.24%), Protein: 8.19g (16.38%), Vitamin C: 30.64mg (37.14%), Vitamin K: 36.51µg (34.77%), Fiber: 4.36g (17.42%), Phosphorus: 164.94mg (16.49%), Vitamin B3: 3.2mg (16.01%), Manganese: 0.32mg (15.96%), Vitamin A: 765.07IU (15.3%), Folate: 56.78µg (14.19%), Vitamin B1: 0.21mg (13.95%), Vitamin B2: 0.21mg (12.45%), Potassium: 384.06mg (10.97%), Copper: 0.2mg (10.05%), Calcium: 93.31mg (9.33%), Zinc: 1.34mg (8.96%), Iron: 1.5mg (8.36%), Magnesium: 33.08mg (8.27%), Vitamin B6: 0.15mg (7.74%), Vitamin B12: 0.31µg (5.18%), Selenium: 2.47µg (3.53%), Vitamin B5: 0.28mg (2.84%), Vitamin E: 0.22mg (1.49%)