



Chilled Pea Soup Shooters



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



114 kcal

SOUP

Ingredients

- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 4 cups chicken broth low-sodium
- ☐ 8 servings additional mint
- ☐ 20 oz peas green frozen
- ☐ 8 servings salt and pepper
- ☐ 6 scallions
- ☐ 0.5 cup whole-milk yogurt plain
- ☐ 2 tablespoons butter unsalted

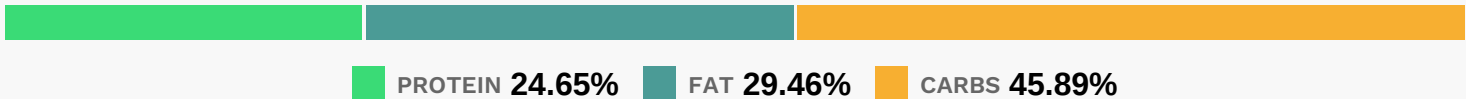
Equipment

- ☐ 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



Properties

Glycemic Index:9.54, Glycemic Load:2.87, Inflammation Score:-7, Nutrition Score:11.093912973352%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 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 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: 113.56kcal (5.68%), Fat: 3.88g (5.98%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 9.26g (3.37%), Sugar: 5.56g (6.18%), Cholesterol: 7.83mg (2.61%), Sodium: 246.67mg (10.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.62%), Vitamin C: 30.51mg (36.98%), Vitamin K: 36.48µg (34.75%), Fiber: 4.36g (17.42%), Vitamin B3: 3.18mg (15.92%), Manganese: 0.32mg (15.92%), Vitamin A: 763.99IU (15.28%), Phosphorus: 140.9mg (14.09%), Folate: 54.94µg (13.73%), Vitamin B1: 0.2mg (13.46%), Vitamin B2: 0.18mg (10.35%), Copper: 0.2mg (9.94%), Potassium: 345.01mg (9.86%), Iron: 1.49mg (8.28%), Zinc: 1.2mg (7.97%), Magnesium: 30.17mg (7.54%), Vitamin B6: 0.15mg (7.33%), Calcium: 62.84mg (6.28%), Vitamin B12: 0.22µg (3.62%), Selenium: 1.92µg (2.74%), Vitamin B5: 0.19mg (1.86%), Vitamin E: 0.22mg (1.49%)