



## Chilled Pea Soup with Mint Pesto

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



108 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon butter
- 14 ounce fat-skimmed beef broth fat-free canned
- 1.5 tablespoons flour all-purpose
- 0.5 cup spring onion sliced
- 1.5 cups milk 1% low-fat
- 6 tablespoons mint leaves
- 1 pound peas green frozen

0.3 teaspoon salt

## Equipment

- bowl
- sauce pan
- sieve
- blender
- spatula

## Directions

- Melt butter in a large saucepan over medium heat.
- Add onions; cook 2 minutes, stirring frequently.
- Sprinkle flour over onions, and cook 1 minute, stirring constantly. Stir in milk and broth. Bring to a boil over medium heat, stirring constantly; cook 3 minutes or until slightly thick.
- Add peas; cook 5 minutes.
- Place half of pea mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure lid on blender.
- Place a clean dishtowel over opening in the blender lid (to prevent spills). Process until smooth.
- Pour pureed pea mixture through a sieve over a large bowl, pressing mixture with a spatula. Reserve liquid; discard solids. Repeat procedure with remaining pea mixture. Stir in Mint Pesto, salt, and pepper; cover and chill.
- Garnish with mint sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:38.89, Glycemic Load:4.09, Inflammation Score:-7, Nutrition Score:13.136086956522%

## 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: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## **Nutrients (% of daily need)**

Calories: 108.43kcal (5.42%), Fat: 1.74g (2.67%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 11.88g (4.32%), Sugar: 7.51g (8.35%), Cholesterol: 4.74mg (1.58%), Sodium: 402.53mg (17.5%), Protein: 7g (14%), Vitamin C: 33.4mg (40.48%), Vitamin K: 36.26µg (34.53%), Manganese: 0.41mg (20.74%), Vitamin A: 1010.73IU (20.21%), Fiber: 5g (19.99%), Vitamin B1: 0.26mg (17.53%), Folate: 65.48µg (16.37%), Phosphorus: 158.78mg (15.88%), Vitamin B2: 0.23mg (13.29%), Calcium: 114.95mg (11.49%), Vitamin B3: 2.26mg (11.28%), Potassium: 352.9mg (10.08%), Magnesium: 38.93mg (9.73%), Iron: 1.68mg (9.32%), Vitamin B6: 0.19mg (9.25%), Zinc: 1.31mg (8.72%), Copper: 0.17mg (8.67%), Vitamin B12: 0.49µg (8.23%), Selenium: 4.75µg (6.79%), Vitamin D: 0.65µg (4.33%), Vitamin B5: 0.4mg (4.04%), Vitamin E: 0.18mg (1.18%)