



Cold Curried Pea and Buttermilk Soup



Vegetarian



Gluten Free

READY IN



4500 min.

SERVINGS



6

CALORIES



202 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup buttermilk well-shaken
- ☐ 2 teaspoons curry powder (preferably Madras)
- ☐ 3 cups chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 20 ounce peas frozen
- ☐ 4 large shallots chopped
- ☐ 0.8 pound pkt spinach packed (8 cups leaves)
- ☐ 2 tablespoons butter unsalted

☐ 2 cups water

Equipment

☐ bowl

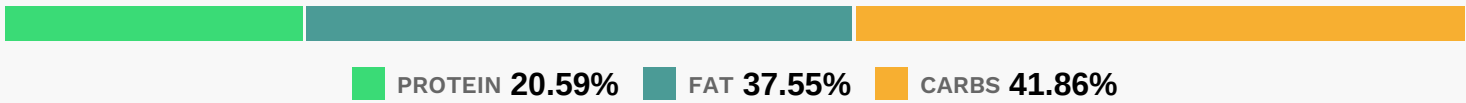
☐ pot

☐ blender

Directions

- ☐ Cook shallots in butter and oil in a heavy medium pot over medium heat, stirring, until golden, 6 to 8 minutes.
- ☐ Add curry powder and 3/4 teaspoon salt and cook, stirring, 1 minute.
- ☐ Add broth and water and bring to a simmer, then stir in peas and spinach and return to a simmer. Cook, uncovered, stirring occasionally, until vegetables are just tender, about 6 minutes.
- ☐ Immediately purée soup in 4 batches in a blender until very smooth (use caution when blending hot liquids).
- ☐ Transfer to a bowl and stir in buttermilk. Quick-chill (to preserve color) by setting bowl in an ice bath and stirring until cool, then refrigerate until very cold, 1 to 2 hours. Season with salt.
- ☐ Soup can be chilled (in refrigerator) up to 1 day.

Nutrition Facts



Properties

Glycemic Index:23.72, Glycemic Load:5.2, Inflammation Score:-10, Nutrition Score:27.417825906173%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 201.52kcal (10.08%), Fat: 8.86g (13.63%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 14.84g (5.39%), Sugar: 9.03g (10.04%), Cholesterol: 14.43mg (4.81%), Sodium: 133.77mg (5.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.86%), Vitamin K: 299.94µg (285.66%), Vitamin A: 6229.44IU (124.59%), Vitamin C: 55.14mg (66.84%), Manganese: 0.98mg (48.75%), Folate: 180.25µg (45.06%), Fiber: 7.39g (29.55%), Potassium: 769.53mg (21.99%), Magnesium: 87.23mg (21.81%), Vitamin B1: 0.33mg (21.75%), Phosphorus: 212.69mg (21.27%), Vitamin B3: 4.1mg (20.48%), Vitamin B2: 0.34mg (20.17%), Iron: 3.6mg (19.98%), Vitamin B6: 0.36mg (18.09%), Copper: 0.34mg (17.18%), Calcium: 143.34mg (14.33%), Vitamin E: 1.9mg (12.66%), Zinc: 1.85mg (12.32%), Selenium: 4.11µg (5.87%), Vitamin B12: 0.31µg (5.17%), Vitamin D: 0.59µg (3.93%), Vitamin B5: 0.34mg (3.41%)