



Creamy chilled basil, pea & lettuce soup



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



187 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 300 g peas fresh
- ☐ 1 large bunch basil
- ☐ 1 head lettuce shredded soft
- ☐ 850 ml vegetable stock cold
- ☐ 200 ml crème fraîche

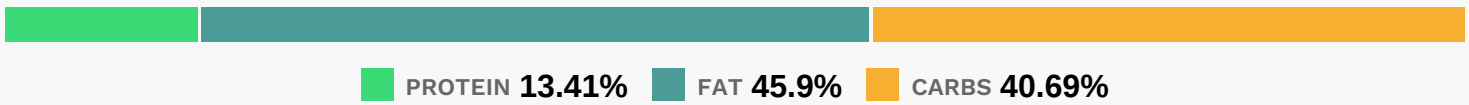
Equipment

- ☐ blender

Directions

- ☐ Cook the peas in boiling water for 3 mins.
- ☐ Drain and cool with cold running water.
- ☐ Put the peas, basil, lettuce, vegetable stock and 34 of the crme frache together in a blender and process until smooth. Do this in two batches. Season, cover and chill for at least 1 hr before serving.
- ☐ Add a swirl of remaining crme frache and serve.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:4.89, Inflammation Score:-9, Nutrition Score:15.26000015632%

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 Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 186.87kcal (9.34%), Fat: 9.93g (15.28%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 13.88g (5.05%), Sugar: 10.36g (11.52%), Cholesterol: 28.68mg (9.56%), Sodium: 876.67mg (38.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.05%), Vitamin K: 60.1µg (57.24%), Vitamin A: 2108.11IU (42.16%), Vitamin C: 34.57mg (41.9%), Manganese: 0.5mg (25.21%), Fiber: 5.92g (23.7%), Folate: 92.1µg (23.03%), Vitamin B1: 0.27mg (17.68%), Phosphorus: 146.01mg (14.6%), Vitamin B2: 0.22mg (12.7%), Potassium: 439.66mg (12.56%), Vitamin B6: 0.21mg (10.32%), Magnesium: 40.32mg (10.08%), Iron: 1.75mg (9.74%), Calcium: 95.64mg (9.56%), Copper: 0.18mg (9.11%), Vitamin B3: 1.8mg (8.98%), Zinc: 1.31mg (8.72%), Selenium: 3.29µg (4.7%), Vitamin B5: 0.37mg (3.68%), Vitamin E: 0.54mg (3.61%), Vitamin B12: 0.1µg (1.7%)