



Creamy Pea Soup

 **Gluten Free**

READY IN

ready

130 min.

SERVINGS

servings

6

CALORIES

calories

432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 cup carrots chopped
- ☐ 6 servings celery leaves fresh
- ☐ 8 ounce cream cheese
- ☐ 0.5 teaspoon sea salt
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 ham bone
- ☐ 1 teaspoon salt

- ☐ 0.5 cup shallots chopped
- ☐ 2.5 cups peas dried split
- ☐ 8 cups water

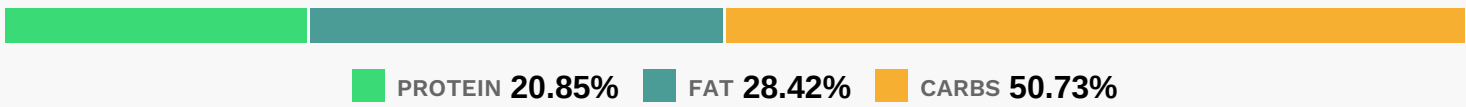
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ Place split peas, water, ham bone, shallots, carrots, celery leaves, bay leaf, salt, garlic and pepper into a large pot.
- ☐ Heat to almost boiling. Reduce heat, cover, and simmer for about 1 1/2 hours or until the peas are tender.
- ☐ Remove the ham bone and the bay leaf. Dice the meat from the ham bone and set aside.
- ☐ Cut the cream cheese into cubes. Process cream cheese with the soup in small batches in a blender or food processor.
- ☐ Add ham, and reheat. Taste, and adjust seasonings as necessary.

Nutrition Facts



Properties

Glycemic Index:28.81, Glycemic Load:1.73, Inflammation Score:-9, Nutrition Score:24.732173479122%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 432kcal (21.6%), Fat: 14.01g (21.55%), Saturated Fat: 7.78g (48.61%), Carbohydrates: 56.25g (18.75%), Net Carbohydrates: 34.33g (12.48%), Sugar: 10.07g (11.18%), Cholesterol: 38.18mg (12.73%), Sodium: 545.05mg (23.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.25%), Fiber: 21.92g (87.7%), Manganese: 1.24mg (61.76%), Folate: 237.56µg (59.39%), Vitamin A: 2418.69IU (48.37%), Vitamin B1: 0.62mg (41.66%), Copper: 0.79mg (39.67%), Phosphorus: 357.86mg (35.79%), Potassium: 961.97mg (27.48%), Magnesium: 106.85mg (26.71%), Iron: 3.98mg (22.12%), Zinc: 2.81mg (18.71%), Vitamin B5: 1.75mg (17.5%), Vitamin B2: 0.27mg (16.16%), Vitamin K: 14.69µg (13.99%), Vitamin B3: 2.56mg (12.78%), Vitamin B6: 0.25mg (12.61%), Calcium: 103.44mg (10.34%), Selenium: 4.88µg (6.97%), Vitamin C: 3.73mg (4.52%), Vitamin E: 0.48mg (3.22%), Vitamin B12: 0.08µg (1.39%)