



Crema de Arvejas (Pea Soup)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



215 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups beef broth
- ☐ 3 tablespoons butter
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 4 cups peas fresh
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup onions chopped
- ☐ 6 servings salt and pepper

☐ 2 scallions finely chopped

Equipment

☐ pot

☐ blender

Directions

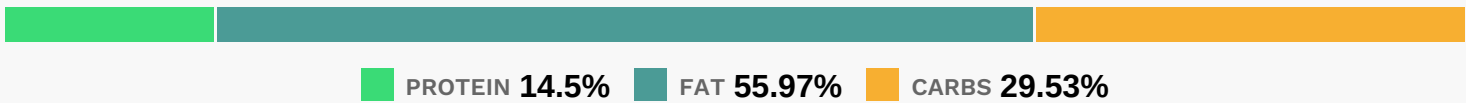
☐ Melt the butter in a medium pot, add the onions and scallions, and cook over medium-low heat for 7 minutes, until the onion is soft.

☐ Add the broth, increase the heat to high, and bring to a boil.

☐ Add the peas, cumin and cook for 5 minutes.Season with salt and pepper and add the cilantro.

☐ Place the soup in a blender and puree.Return the soup to the pot, add the cream and serve.

Nutrition Facts



Properties

Glycemic Index:31.72, Glycemic Load:4.07, Inflammation Score:-8, Nutrition Score:13.717826024346%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 214.51kcal (10.73%), Fat: 13.64g (20.98%), Saturated Fat: 8.41g (52.59%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 10.31g (3.75%), Sugar: 6.73g (7.48%), Cholesterol: 37.46mg (12.49%), Sodium: 845.95mg (36.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.9%), Vitamin C: 40.72mg (49.35%), Vitamin K: 35.51µg (33.82%), Vitamin A: 1293.23IU (25.86%), Fiber: 5.88g (23.51%), Manganese: 0.44mg (22.25%), Vitamin B1: 0.27mg (18.3%), Folate: 72.56µg (18.14%), Vitamin B3: 3.34mg (16.68%), Phosphorus: 144.88mg (14.49%), Vitamin B2: 0.21mg (12.31%), Potassium: 379.79mg (10.85%), Iron: 1.93mg (10.7%), Vitamin B6: 0.21mg (10.33%), Magnesium: 39.55mg (9.89%), Copper: 0.18mg (9.2%), Zinc: 1.3mg (8.68%), Calcium: 56.6mg (5.66%), Selenium: 3.63µg (5.19%), Vitamin E: 0.52mg (3.45%), Vitamin B12: 0.16µg (2.59%), Vitamin B5: 0.21mg (2.14%), Vitamin D: 0.32µg (2.12%)