



Creole Split Pea Soup



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



689 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille sausage cut into small pieces)
- ☐ 2 bay leaves
- ☐ 0.5 teaspoon cayenne pepper to taste (or)
- ☐ 0.5 cup celery diced ()
- ☐ 6 cups chicken stock see
- ☐ 4 cloves garlic chopped ()
- ☐ 0.5 cup bell pepper diced green ()
- ☐ 1 ham hock

- ☐ 2 tablespoons oil
- ☐ 1 cup onion diced ()
- ☐ 1 teaspoon oregano
- ☐ 1 teaspoon paprika
- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon thyme leaves
- ☐ 1.5 cups peas split yellow

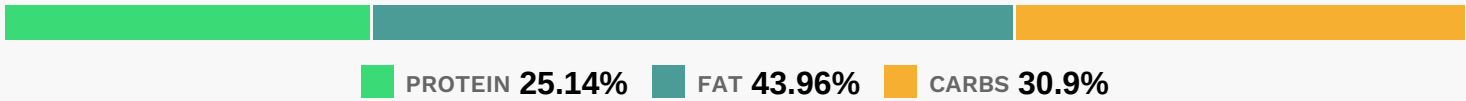
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat the oil in a large sauce pan over medium heat, add the sausage and saute until lightly golden brown, about 5-7 minutes.
- ☐ Add the onions, celery and green pepper to the pan and cook until tender, about 7-10 minutes.
- ☐ Add the garlic and cook until fragrant, about 1-2 minutes.
- ☐ Add the stock, split peas, ham hock, paprika, cayenne, oregano, thyme, bay leaves, salt and pepper and bring to a boil.
- ☐ Reduce the heat to medium-low and simmer covered until the peas are soft and tender, about 1-3 hours.
- ☐ Remove the ham hock, pull the meat from it, cut it into bite sized pieces and add it back to the pot if desired.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:1.28, Inflammation Score:-9, Nutrition Score:29.933912899183%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 688.77kcal (34.44%), Fat: 34.04g (52.38%), Saturated Fat: 9.36g (58.53%), Carbohydrates: 53.84g (17.95%), Net Carbohydrates: 33.2g (12.07%), Sugar: 10.48g (11.65%), Cholesterol: 102.14mg (34.05%), Sodium: 2093.79mg (91.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.79g (87.59%), Fiber: 20.64g (82.55%), Manganese: 1.38mg (69.06%), Folate: 219.09µg (54.77%), Vitamin B1: 0.8mg (53.12%), Phosphorus: 395.54mg (39.55%), Copper: 0.79mg (39.25%), Potassium: 1299.98mg (37.14%), Vitamin B3: 6.68mg (33.39%), Iron: 5.53mg (30.73%), Vitamin B2: 0.51mg (29.81%), Magnesium: 109.04mg (27.26%), Zinc: 4.06mg (27.04%), Vitamin C: 21.62mg (26.21%), Vitamin K: 24.7µg (23.53%), Selenium: 15.08µg (21.55%), Vitamin B6: 0.4mg (20%), Vitamin B5: 1.88mg (18.77%), Vitamin E: 2.37mg (15.78%), Vitamin A: 652.69IU (13.05%), Vitamin B12: 0.63µg (10.44%), Calcium: 101.94mg (10.19%), Vitamin D: 0.79µg (5.29%)