



Cumin Pea Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



94 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup chicken broth
- ☐ 1 teaspoon coarse salt
- ☐ 2 teaspoons cumin seeds
- ☐ 1 small onion
- ☐ 10 ounce peas frozen
- ☐ 1.5 cups water

Equipment

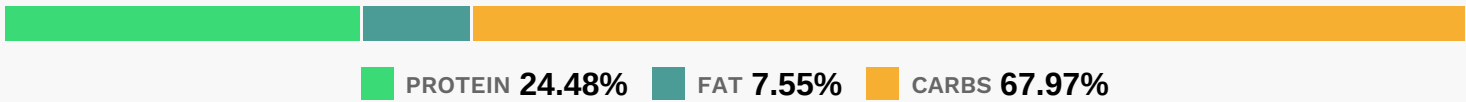
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ mortar and pestle

Directions

- ☐ In a dry small heavy skillet toast cumin seeds over moderate heat, shaking skillet frequently, until a shade darker and fragrant, 3 to 5 minutes, and cool. With a mortar and pestle or in an electric coffee/spice grinder finely grind seeds.
- ☐ Finely chop onion and in a 2-quart saucepan simmer onion in broth and water until soft.
- ☐ Add peas, half of cumin, and half of salt and simmer, uncovered, until peas are tender, about 5 minutes. In a blender purée soup in 2 batches until smooth (use caution when blending hot liquids) and transfer to another saucepan.
- ☐ In a small bowl stir together remaining cumin and salt to use as garnish.
- ☐ Each serving about 73 calories and 1 gram fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:4.15, Inflammation Score:-7, Nutrition Score:11.886521715833%

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 Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 94.4kcal (4.72%), Fat: 0.82g (1.26%), Saturated Fat: 0.1g (0.66%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 10.71g (3.9%), Sugar: 6.63g (7.37%), Cholesterol: 1.17mg (0.39%), Sodium: 1006.94mg (43.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.98%), Vitamin C: 39.63mg (48.03%), Manganese:

0.49mg (24.55%), Fiber: 5.92g (23.69%), Vitamin K: 23.6µg (22.48%), Vitamin B1: 0.28mg (18.85%), Folate: 65.99µg (16.5%), Vitamin A: 741.49IU (14.83%), Iron: 2.37mg (13.17%), Phosphorus: 117.83mg (11.78%), Vitamin B3: 2.19mg (10.96%), Copper: 0.22mg (10.77%), Magnesium: 40.19mg (10.05%), Vitamin B2: 0.17mg (10%), Vitamin B6: 0.19mg (9.68%), Zinc: 1.33mg (8.87%), Potassium: 299.22mg (8.55%), Calcium: 47.78mg (4.78%), Selenium: 2.12µg (3.03%), Vitamin B5: 0.13mg (1.32%), Vitamin E: 0.2mg (1.3%)