



Curried Split Pea Soup with Cauliflower

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 large carrots halved lengthwise cut into 1/2-inch slices
- 1 pound cauliflower fresh chopped
- 1 teaspoon mustard seeds shopping list whole black
- 1 tablespoons curry powder to taste ()
- 1 tablespoon ginger fresh finely minced
- 1 teaspoon garlic finely minced
- 2 cups onion coarsely chopped
- 2 cups peas dried split green yellow picked over rinsed

6 cups water boiling

Equipment

pot

Directions

- Add the cumin, fennel, and black mustard seeds over medium-high heat and toast them for about 10 seconds (they may or may not begin to pop). Stir in the ginger, garlic, and onions and continue to cook, stirring frequently, for another minute.
- Add the carrots, boiling water (stand back to avoid sputtering), split peas (I used yellow this time), and curry powder. Stir well to be sure that no bits of onion or spices have gotten stuck to the bottom of the pot. Lock the lid in place. Over high heat, bring to high pressure. Lower the heat just enough to maintain high pressure and cook for 8 minutes. Allow the pressure to come down naturally for about 10 minutes, then quick-release the pressure (place the pot under cold running water if your PC doesn't have a quick-release button).
- Remove the lid, tilting it away from you to allow any excess steam to escape. Check the peas, and if they are not soft, return to high pressure for a couple of minutes or until they are uniformly tender (older peas take longer to cook).
- Add the chopped cauliflower, replace the lid, and heat over low heat until the cauliflower is just cooked, about 10 minutes. This also works with frozen chopped cauliflower (no need to thaw first). Stir in salt. (If no salt is desired, try stirring in fresh lemon juice a tablespoon at a time until the flavor is to your liking.) If the soup is too thick, thin it with water or stock.

Nutrition Facts



PROTEIN 25.08% **FAT 4.33%** **CARBS 70.59%**

Properties

Glycemic Index:19.48, Glycemic Load:2.29, Inflammation Score:-10, Nutrition Score:22.383478175039%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

Quercetin: 8.49mg

Nutrients (% of daily need)

Calories: 214.79kcal (10.74%), Fat: 1.08g (1.67%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 24.25g (8.82%), Sugar: 8.06g (8.96%), Cholesterol: 0mg (0%), Sodium: 54.12mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.21%), Vitamin A: 4592.35IU (91.85%), Fiber: 15.45g (61.8%), Manganese: 0.91mg (45.64%), Folate: 181.86µg (45.47%), Vitamin C: 33.04mg (40.05%), Vitamin B1: 0.43mg (28.53%), Copper: 0.52mg (25.82%), Potassium: 816.95mg (23.34%), Phosphorus: 232.85mg (23.28%), Magnesium: 77.92mg (19.48%), Vitamin K: 20.43µg (19.46%), Iron: 2.85mg (15.85%), Vitamin B6: 0.29mg (14.57%), Vitamin B5: 1.37mg (13.74%), Zinc: 1.85mg (12.31%), Vitamin B3: 2.08mg (10.38%), Vitamin B2: 0.17mg (10.01%), Calcium: 68.4mg (6.84%), Selenium: 2.32µg (3.32%), Vitamin E: 0.46mg (3.08%)