



Curry Split Pea Soup



Gluten Free



Dairy Free

READY IN

ready

85 min.

SERVINGS

servings

20

CALORIES

calories

101 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



3 carrots sliced



0.5 teaspoon cayenne pepper



6 stalks celery sliced



8 cubes chicken bouillon



4 teaspoons curry powder



8 cloves garlic minced



1 teaspoon ground cumin



1 tablespoon ground pepper black

- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 0.3 cup juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon salt
- ☐ 2 cups peas dried split
- ☐ 10 cups water
- ☐ 2 onions white sliced

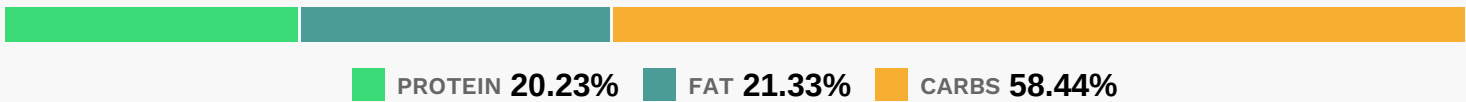
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ In a large soup pot over medium heat, heat the olive oil, and stir in the lemon juice, garlic, carrots, onions, and celery. Cook and stir until the carrots become soft enough to break apart with a fork, about 20 minutes.
- ☐ Transfer the vegetables and their juices into a bowl, and refrigerate. Once slightly cool, place them into a blender, and blend until the mixture forms a smooth puree.
- ☐ Pour the water into the soup pot, and stir in the chicken bouillon cubes until they dissolve.
- ☐ Pour in the vegetable puree, and bring the mixture to a boil over medium heat. Stir in split peas, Italian seasoning, cumin, salt, black pepper, cayenne pepper, and curry powder. Reduce heat to medium-low, and cook until the peas soften and break down into a thick soup, at least 45 minutes.

Nutrition Facts



Properties

Glycemic Index:10.74, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:8.3478260351264%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 101.3kcal (5.06%), Fat: 2.5g (3.85%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 9.4g (3.42%), Sugar: 2.76g (3.06%), Cholesterol: 0mg (0%), Sodium: 376.44mg (16.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin A: 1644.26IU (32.89%), Fiber: 6.03g (24.13%), Manganese: 0.41mg (20.36%), Folate: 64.1µg (16.02%), Vitamin K: 11.4µg (10.86%), Copper: 0.22mg (10.82%), Vitamin B1: 0.16mg (10.82%), Phosphorus: 86.35mg (8.64%), Potassium: 293.97mg (8.4%), Magnesium: 30.5mg (7.63%), Iron: 1.29mg (7.19%), Vitamin B6: 0.09mg (4.75%), Zinc: 0.71mg (4.73%), Vitamin C: 3.73mg (4.52%), Vitamin B5: 0.43mg (4.32%), Vitamin E: 0.58mg (3.84%), Vitamin B3: 0.76mg (3.8%), Vitamin B2: 0.06mg (3.71%), Calcium: 35.59mg (3.56%), Selenium: 0.71µg (1.01%)