



Dinner Tonight: Pea and Ginger Soup



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups chicken stock see
- ☐ 2 tablespoons ginger peeled chopped
- ☐ 2 cups peas frozen
- ☐ 2 servings salt and pepper

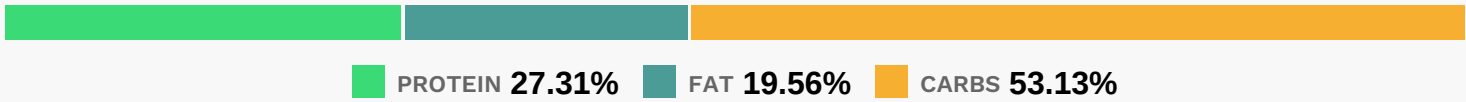
Equipment

- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Pour the chicken stock into a large pot along with the peas and ginger. Bring to a boil, then reduce heat to simmer. Cook for 15 minutes.
- ☐ Blend the soup with an immersion blender, or in batches in a blender. Season with salt and pepper.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:5.76, Inflammation Score:-8, Nutrition Score:23.359999931377%

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

Nutrients (% of daily need)

Calories: 295.85kcal (14.79%), Fat: 6.39g (9.83%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 30.66g (11.15%), Sugar: 15.92g (17.69%), Cholesterol: 14.4mg (4.8%), Sodium: 888.35mg (38.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.16%), Vitamin C: 59.31mg (71.89%), Vitamin B3: 10.67mg (53.33%), Vitamin B1: 0.56mg (37.03%), Vitamin B2: 0.6mg (35.4%), Vitamin K: 36.93µg (35.17%), Fiber: 8.4g (33.62%), Manganese: 0.61mg (30.55%), Folate: 119.02µg (29.75%), Phosphorus: 288.58mg (28.86%), Vitamin B6: 0.55mg (27.45%), Copper: 0.53mg (26.52%), Potassium: 886.89mg (25.34%), Vitamin A: 1123.65IU (22.47%), Selenium: 13.22µg (18.89%), Iron: 3.18mg (17.68%), Magnesium: 70.07mg (17.52%), Zinc: 2.49mg (16.63%), Calcium: 51.89mg (5.19%), Vitamin E: 0.35mg (2.34%), Vitamin B5: 0.17mg (1.65%)