



Easy pea & mint soup



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



143 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 450 g peas frozen
- ☐ 800 ml water hot (straight from the kettle)
- ☐ 1 tbsp vegetable stock
- ☐ 1 small handful mint leaves fresh chopped
- ☐ 4 servings cup heavy whipping cream

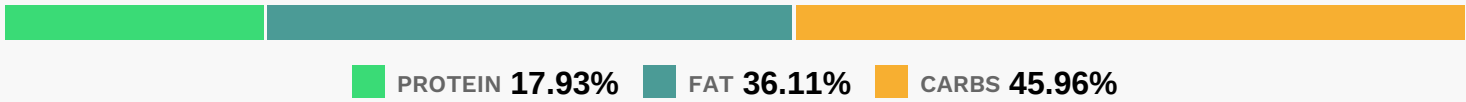
Equipment

- ☐ blender

Directions

- ☐ Tip the frozen peas into a blender and pour over the hot water from a kettle. Leave the peas to defrost, then reserve 1 tbsp peas.
- ☐ Add a handful mint and the vegetable bouillon powder to the rest. Blitz until smooth, then chill.
- ☐ Serve, drizzled with cream and scattered with some chopped mint and the reserved peas.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:4.36, Inflammation Score:-8, Nutrition Score:13.129565240248%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 143.01kcal (7.15%), Fat: 5.87g (9.04%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 10.33g (3.76%), Sugar: 6.85g (7.61%), Cholesterol: 16.95mg (5.65%), Sodium: 34.99mg (1.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.12%), Vitamin C: 45.41mg (55.04%), Vitamin K: 28.38µg (27.03%), Fiber: 6.49g (25.97%), Manganese: 0.47mg (23.66%), Vitamin A: 1131.59IU (22.63%), Vitamin B1: 0.3mg (20.2%), Folate: 74.86µg (18.72%), Phosphorus: 130.93mg (13.09%), Vitamin B3: 2.38mg (11.89%), Copper: 0.23mg (11.75%), Vitamin B2: 0.18mg (10.55%), Magnesium: 40.97mg (10.24%), Vitamin B6: 0.2mg (9.83%), Zinc: 1.46mg (9.75%), Iron: 1.72mg (9.55%), Potassium: 294.44mg (8.41%), Calcium: 46.46mg (4.65%), Selenium: 2.47µg (3.54%), Vitamin E: 0.28mg (1.89%), Vitamin D: 0.24µg (1.6%), Vitamin B5: 0.16mg (1.59%)