



## Easy Split Pea Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter ()
- 1 cup carrots peeled chopped
- 1 cup celery chopped
- 2 teaspoons marjoram dried
- 1.5 cups peas split green
- 1 large onion chopped
- 1.5 pounds pork hock smoked
- 8 cups water

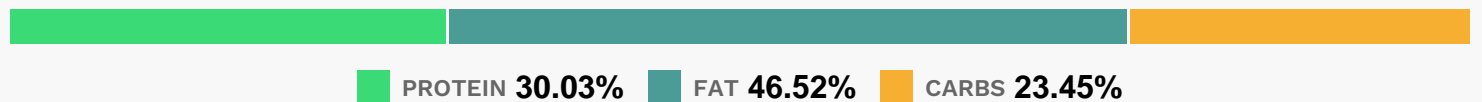
## Equipment

- bowl
- pot
- blender
- dutch oven

## Directions

- Melt butter in heavy large pot or Dutch oven over medium-high heat.
- Add onion, celery and carrots. Sauté until vegetables begin to soften, about 8 minutes.
- Add pork and marjoram; stir 1 minute.
- Add peas, then water, and bring to boil. Reduce heat to medium-low. Partially cover pot; simmer soup until pork and vegetables are tender peas are falling apart, stirring often, about 1 hour and 10 minutes.
- Transfer hocks to bowl. Puree 5 cups soup in batches in blender. Return to pot.
- Cut pork off bones. Dice pork; return pork to soup. Season with salt and pepper. (Can be made 1 day ahead. Refrigerate until cold, then cover. Rewarm before serving.)

## Nutrition Facts



## Properties

Glycemic Index:25.97, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:18.549565009449%

## Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

## Nutrients (% of daily need)

Calories: 594.54kcal (29.73%), Fat: 30.54g (46.99%), Saturated Fat: 12.14g (75.88%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 20.77g (7.55%), Sugar: 6.24g (6.93%), Cholesterol: 133.64mg (44.55%), Sodium: 365.87mg (15.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.36g (88.72%), Vitamin A: 3832.72IU (76.65%), Fiber: 13.86g (55.46%), Manganese: 0.77mg (38.35%), Folate: 150.04µg (37.51%), Potassium: 1049.47mg (29.98%), Vitamin B1: 0.39mg (25.8%), Copper: 0.5mg (25.13%), Iron: 4.2mg (23.32%), Phosphorus: 200.23mg (20.02%), Magnesium: 66.91mg (16.73%), Vitamin K: 15.52µg (14.78%), Zinc: 1.63mg (10.9%), Vitamin B5: 1mg (10.01%), Vitamin B3: 1.72mg (8.59%), Calcium: 80.54mg (8.05%), Vitamin B2: 0.14mg (8.02%), Vitamin B6: 0.16mg (7.91%), Vitamin C: 4.53mg (5.5%), Vitamin E: 0.34mg (2.3%), Selenium: 1.05µg (1.5%)