



Fresh Pea and Mint Soup



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



170 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 garlic clove minced
- ☐ 5.5 cups chicken broth organic () (preferably)
- ☐ 0.3 cup mint leaves fresh chopped for garnish
- ☐ 2 tablespoons olive oil
- ☐ 8 cups peas fresh frozen shelled (from 5 pounds peas in pods)
- ☐ 1.7 cups shallots chopped (6 very large)

Equipment

- ☐ bowl

- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil in heavy large pot over medium heat.
- ☐ Add shallots and garlic. Sauté until tender, about 7 minutes.
- ☐ Add peas and stir 1 minute.
- ☐ Add 5 1/2 cups broth and bring to simmer. Cook until peas are very tender, about 8 minutes. Cool 15 minutes. Puree soup and 1/4 cup chopped mint in batches in blender until smooth. Return to same pot; thin with more broth by 1/4 cupfuls, if desired. DO AHEAD: Can be made 1 day ahead. Cool, cover, and chill.
- ☐ Rewarm soup over medium-low heat. Season to taste with salt and pepper. Ladle into bowls; garnish with additional mint.
- ☐ A bottle of bubbly is the perfect way to begin this special meal. It's also a great pairing for the soup. We like the crisp acidity and long finish of the
- ☐ Champagne Henriot NV Brut Souverain (\$35, France).
- ☐ Per serving: 132.4 kcal calories,
- ☐ 1 % calories from fat, 3.1 g fat,
- ☐ 7 g saturated fat,
- ☐ 8 mg cholesterol,
- ☐ 8 g carbohydrates,
- ☐ 2 g total sugars,
- ☐ 6 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:10.43, Glycemic Load:6.14, Inflammation Score:-8, Nutrition Score:16.198260898175%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 169.55kcal (8.48%), Fat: 4.1g (6.3%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 17.28g (6.28%), Sugar: 9.86g (10.95%), Cholesterol: 0mg (0%), Sodium: 49.98mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.9%), Vitamin C: 50.1mg (60.73%), Fiber: 7.98g (31.91%), Manganese: 0.61mg (30.7%), Vitamin K: 30.78µg (29.31%), Folate: 90.11µg (22.53%), Vitamin B1: 0.33mg (22.29%), Vitamin B3: 4.3mg (21.52%), Phosphorus: 189.62mg (18.96%), Vitamin A: 936.82IU (18.74%), Vitamin B6: 0.35mg (17.7%), Copper: 0.31mg (15.53%), Potassium: 535.2mg (15.29%), Iron: 2.53mg (14.08%), Magnesium: 48.91mg (12.23%), Vitamin B2: 0.2mg (11.98%), Zinc: 1.75mg (11.64%), Calcium: 52.63mg (5.26%), Vitamin E: 0.57mg (3.8%), Selenium: 2.65µg (3.78%), Vitamin B5: 0.24mg (2.42%), Vitamin B12: 0.13µg (2.16%)