



Fresh Pea Soup

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



244 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups chicken stock see homemade
- ☐ 0.5 cup freshly chives chopped
- ☐ 0.5 cup crème fraîche
- ☐ 0.7 cup mint leaves fresh loosely packed chopped
- ☐ 6 servings garlic croutons for serving
- ☐ 2 teaspoons kosher salt
- ☐ 2 cups leeks light white green chopped (2 leeks)

- ☐ 20 ounce freshly peas frozen shelled
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup onion yellow chopped

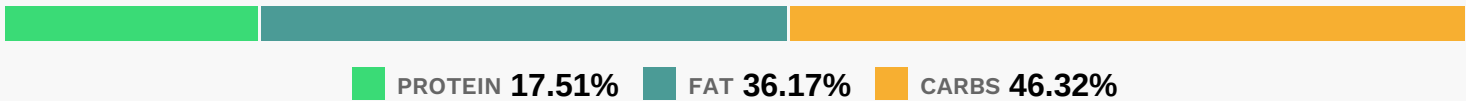
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the butter in a large saucepan, add the leeks and onion, and cook over medium-low heat for 5 to 10 minutes, until the onion is tender.
- ☐ Add the chicken stock, increase the heat to high, and bring to a boil.
- ☐ Add the peas and cook for 3 to 5 minutes, until the peas are tender. (Frozen peas will take only 3 minutes.) Off the heat, add the mint, salt, and pepper.
- ☐ *Puree the soup in batches: place 1 cup of soup in a blender, place the lid on top, and puree on low speed. With the blender still running, open the venthole in the lid and slowly add more soup until the blender is three-quarters full.
- ☐ Pour the soup into a large bowl and repeat until all the soup is pureed.
- ☐ Whisk in the creme fraiche and chives and taste for seasoning.
- ☐ Serve hot with garlic croutons.

Nutrition Facts



Properties

Glycemic Index:35.06, Glycemic Load:5.7, Inflammation Score:-9, Nutrition Score:18.976521638425%

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 Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 243.71kcal (12.19%), Fat: 10.01g (15.4%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 21.88g (7.95%), Sugar: 10.92g (12.14%), Cholesterol: 26.14mg (8.71%), Sodium: 1024.33mg (44.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.81%), Vitamin C: 48.29mg (58.53%), Vitamin K: 45.84µg (43.66%), Vitamin A: 1817.5IU (36.35%), Manganese: 0.71mg (35.57%), Fiber: 6.96g (27.85%), Folate: 104.09µg (26.02%), Vitamin B3: 4.8mg (24.01%), Vitamin B1: 0.35mg (23.63%), Vitamin B6: 0.42mg (20.76%), Vitamin B2: 0.33mg (19.49%), Phosphorus: 189.5mg (18.95%), Copper: 0.34mg (16.82%), Potassium: 568.71mg (16.25%), Iron: 2.8mg (15.55%), Magnesium: 57.02mg (14.26%), Zinc: 1.66mg (11.05%), Selenium: 6.87µg (9.82%), Calcium: 94.4mg (9.44%), Vitamin E: 0.64mg (4.28%), Vitamin B5: 0.29mg (2.9%)