



Fresh Pea Soup with Mint

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup almonds toasted sliced
- 2 tablespoons butter
- 4 cups peas fresh shelled
- 1.3 teaspoons kosher salt divided
- 1 qt chicken broth reduced-sodium
- 0.8 cup mint leaves divided packed
- 0.3 cup olive oil extra-virgin
- 1 cup onion chopped

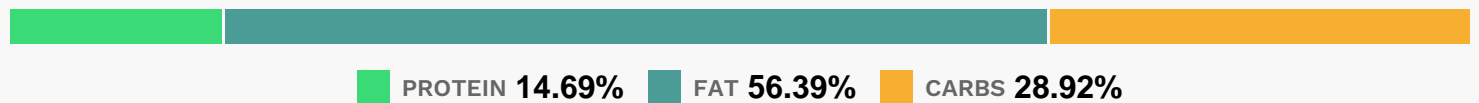
Equipment

- food processor
- bowl
- sauce pan
- ladle
- blender

Directions

- Melt butter in a large saucepan over medium heat.
- Add onion and 1 tsp. salt and cook until tender and translucent, stirring often, about 5 minutes.
- Add broth and bring to a boil over high heat, then add peas and cook just until tender, about 4 minutes.
- Meanwhile, set aside 1/4 cup tiny mint leaves. Whirl remaining 1/2 cup mint, the oil, and remaining 1/4 tsp. salt in a food processor until mint is very finely chopped.
- Pure soup in a blender, working in batches, until very smooth, about 3 minutes per batch.
- Ladle soup into bowls, drizzle with mint oil, and sprinkle with almonds and reserved mint leaves.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:6.52, Inflammation Score:-9, Nutrition Score:25.174347794574%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 2.64mg, Eriodictyol: 2.64mg, Eriodictyol: 2.64mg, Eriodictyol: 2.64mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

Naringenin: 0.05mg Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 413.33kcal (20.67%), Fat: 27.03g (41.59%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 20.14g (7.32%), Sugar: 10.73g (11.92%), Cholesterol: 15.05mg (5.02%), Sodium: 854.55mg (37.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.84g (31.69%), Vitamin C: 63.64mg (77.14%), Manganese: 1.01mg (50.5%), Fiber: 11.06g (44.23%), Vitamin K: 44.74µg (42.61%), Vitamin E: 5.25mg (34.98%), Vitamin B3: 6.88mg (34.41%), Vitamin A: 1643.52IU (32.87%), Phosphorus: 302.33mg (30.23%), Folate: 116.74µg (29.18%), Vitamin B1: 0.43mg (29%), Copper: 0.54mg (26.91%), Vitamin B2: 0.43mg (25.24%), Magnesium: 92.17mg (23.04%), Potassium: 749.94mg (21.43%), Iron: 3.65mg (20.28%), Vitamin B6: 0.34mg (17.18%), Zinc: 2.56mg (17.09%), Calcium: 108.62mg (10.86%), Selenium: 3.35µg (4.79%), Vitamin B12: 0.25µg (4.14%), Vitamin B5: 0.29mg (2.9%)