



Fresh Pea Soup with Mint

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



123 kcal

SOUP

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons butter
- 1 tablespoon olive oil extra virgin
- 3 cups fat-skimmed beef broth fat-free
- 1 cup spring onion coarsely chopped
- 4 cups peas green shelled (4 pounds unshelled)
- 1 tablespoon juice of lemon fresh
- 2 tablespoons mint leaves thinly sliced

- 0.3 teaspoon salt
- 2 cups water

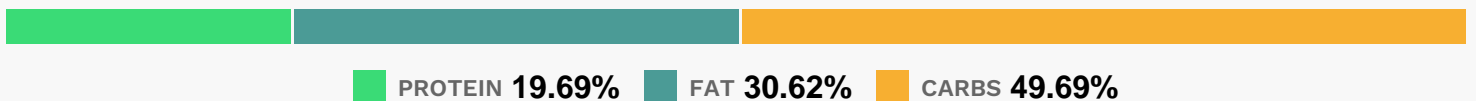
Equipment

- bowl
- frying pan
- sauce pan
- ladle
- sieve
- blender

Directions

- Melt butter in a large saucepan over medium heat.
- Add onions to pan; cook 3 minutes, stirring occasionally.
- Add peas, broth, and 2 cups water; bring to a boil. Reduce heat, and simmer 10 minutes or until peas are very tender, stirring occasionally.
- Remove from heat; let stand 15 minutes. Stir in juice, salt, and 1/4 teaspoon pepper.
- Place half of pea mixture in blender; process until smooth.
- Pour pureed soup mixture into a large bowl. Repeat procedure with remaining pea mixture.
- Pour half of pureed soup mixture through a sieve over a large bowl, reserving liquid; discard solids. Return liquid to pureed soup mixture. Ladle about 3/4 cup soup mixture into each of 6 bowls; drizzle each with 1/2 teaspoon oil.
- Sprinkle each serving with 1 teaspoon mint.
- Garnish with cracked pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:26.39, Glycemic Load:3.99, Inflammation Score:0, Nutrition Score:14.47652173913%

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: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 122.68kcal (6.13%), Fat: 4.32g (6.65%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 9.67g (3.52%), Sugar: 6.1g (6.78%), Cholesterol: 3.58mg (1.19%), Sodium: 583.87mg (25.39%), Protein: 6.25g (12.5%), Vitamin K: 60.13µg (57.27%), Vitamin C: 43.3mg (52.48%), Fiber: 6.11g (24.42%), Manganese: 0.47mg (23.31%), Vitamin A: 1018.72IU (20.37%), Folate: 77.1µg (19.27%), Vitamin B1: 0.28mg (18.43%), Vitamin B3: 2.77mg (13.87%), Phosphorus: 125mg (12.5%), Copper: 0.23mg (11.26%), Iron: 1.94mg (10.75%), Vitamin B2: 0.17mg (10.02%), Magnesium: 38.82mg (9.7%), Vitamin B6: 0.19mg (9.65%), Potassium: 329.53mg (9.42%), Zinc: 1.32mg (8.78%), Selenium: 4.36µg (6.23%), Calcium: 48.13mg (4.81%), Vitamin E: 0.6mg (3.98%), Vitamin B12: 0.23µg (3.83%), Vitamin B5: 0.26mg (2.61%)