



Frosty Green Pea Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 large mint leaves fresh
- ☐ 0.8 cup green onions trimmed thinly sliced
- ☐ 1 sprigs garnishes: 1/3 cup heavy cream white thin
- ☐ 0.5 cup buttermilk low-fat
- ☐ 1 teaspoon orange zest
- ☐ 16 ounce peas green frozen
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon butter unsalted
- ☐ 3 cups vegetable broth divided

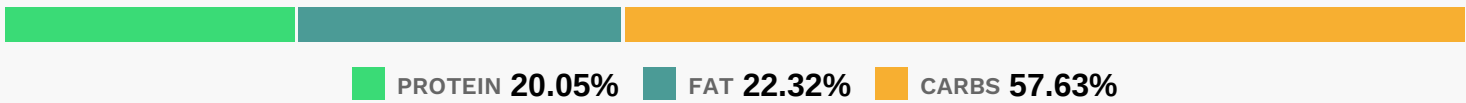
Equipment

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

Directions

- ☐ Heat butter in a large heavy saucepan over medium heat 1 minute.
- ☐ Add green onions and orange zest, and saut, stirring occasionally, 5 minutes or until lightly browned.
- ☐ Add peas, reduce heat to medium-low, cover, and cook 10 to 15 minutes more or until soft, stirring once or twice. If peas threaten to scorch, add a small amount of vegetable broth, and stir.
- ☐ Scoop into a blender or food processor, add 1 cup broth and next 4 ingredients, and puree until smooth.
- ☐ Transfer half of mixture to a large nonreactive pitcher.
- ☐ Add remaining 2 cups broth to pea mixture in blender, and puree at high speed until smooth.
- ☐ Combine with mixture in pitcher, cover, and chill at least 2 hours before serving.
- ☐ Whisk well or homogenize with a blender, and ladle into chilled soup bowls.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:5.69, Inflammation Score:-8, Nutrition Score:16.652608658956%

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: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 146.46kcal (7.32%), Fat: 3.76g (5.78%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 14.68g (5.34%), Sugar: 9.81g (10.9%), Cholesterol: 9.01mg (3%), Sodium: 1049.71mg (45.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.19%), Vitamin K: 67.42µg (64.21%), Vitamin C: 50.34mg (61.02%), Vitamin A: 1601.59IU (32.03%), Fiber: 7.16g (28.62%), Manganese: 0.53mg (26.5%), Folate: 89.21µg (22.3%), Vitamin B1: 0.32mg (21.62%), Phosphorus: 158.49mg (15.85%), Vitamin B2: 0.22mg (12.78%), Vitamin B3: 2.52mg (12.6%), Magnesium: 46.09mg (11.52%), Iron: 2.06mg (11.42%), Copper: 0.23mg (11.32%), Potassium: 386.14mg (11.03%), Zinc: 1.63mg (10.86%), Vitamin B6: 0.22mg (10.83%), Calcium: 82.84mg (8.28%), Selenium: 2.81µg (4.01%), Vitamin E: 0.35mg (2.34%), Vitamin B5: 0.23mg (2.28%), Vitamin B12: 0.07µg (1.21%)