



Good Luck Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13.8 ounce no-salt-added beef broth canned
- 1 cup black-eyed peas frozen thawed
- 0.5 cup celery chopped
- 0.3 cup ham diced lean cooked
- 0.5 teaspoon marjoram dried
- 2 cloves garlic minced
- 0.5 cup bell pepper green chopped
- 0.1 teaspoon hot sauce

- 0.5 cup okra fresh sliced
- 0.5 cup onion chopped
- 0.1 teaspoon salt
- 0.5 cup tomatoes seeded chopped
- 0.8 cup water

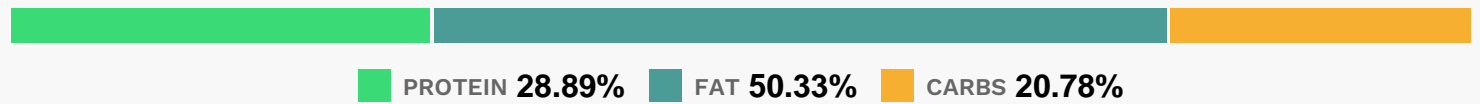
Equipment

- sauce pan

Directions

- Coat a medium saucepan with cooking spray; place over medium-high heat until hot.
- Add onion and next 3 ingredients; saute until vegetables are tender.
- Add peas and next 6 ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- Add okra and tomato; cook, uncovered, an additional 20 minutes or until okra is tender.

Nutrition Facts



Properties

Glycemic Index:105, Glycemic Load:7.07, Inflammation Score:-9, Nutrition Score:34.584347849307%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 14.55mg, Quercetin: 14.55mg, Quercetin: 14.55mg, Quercetin: 14.55mg

Nutrients (% of daily need)

Calories: 553.22kcal (27.66%), Fat: 30.86g (47.47%), Saturated Fat: 9.65g (60.29%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 20.04g (7.29%), Sugar: 7.15g (7.94%), Cholesterol: 115.56mg (38.52%), Sodium: 2722mg (118.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.86g (79.72%), Vitamin C: 101.94mg (123.56%), Selenium: 42.88µg (61.26%), Vitamin B12: 3.67µg (61.14%), Folate: 230.22µg (57.56%), Zinc: 7.38mg (49.21%), Vitamin B6: 0.96mg (47.95%), Phosphorus: 457.44mg (45.74%), Vitamin B3: 8.86mg (44.3%), Manganese:

0.87mg (43.43%), Potassium: 1222.7mg (34.93%), Fiber: 8.63g (34.51%), Iron: 6.16mg (34.24%), Vitamin B1: 0.45mg (29.82%), Copper: 0.58mg (29.14%), Magnesium: 106.42mg (26.61%), Vitamin B2: 0.45mg (26.36%), Vitamin K: 22.76µg (21.67%), Vitamin B5: 1.85mg (18.48%), Vitamin A: 756.88IU (15.14%), Calcium: 91.08mg (9.11%), Vitamin E: 0.73mg (4.84%)