



Greek Split Pea Soup with Lemon

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings cumin for garnish
- 2 tablespoons evoo for drizzling
- 6 servings greek feta cheese crumbles for garnish
- 0.5 cup mint leaves fresh chopped
- 0.5 cup parsley leaves fresh chopped
- 4 cloves garlic finely chopped
- 2 cups peas split green
- 1 juice of lemon juiced

- 6 servings naan breads
- 1 onion chopped
- 6 servings oregano dried
- 6 servings paprika for garnish
- 6 servings salt
- 6 servings salt and pepper freshly ground
- 6 cups a combo of both

Equipment

- food processor
- baking sheet
- oven
- wire rack
- pot
- blender

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Heat the EVOO in a soup pot over medium heat.
- Add the onions and garlic. Season with salt and pepper and cook until tender, 8 to 10 minutes.
- Add the stock and peas, bring to a boil, then reduce heat to a simmer and cook until just tender, 20 minutes.
- Remove half the soup and puree with the mint and parsley until smooth in a food processor or high powered blender. Return the puree to the pot, and stir in the lemon juice. Taste and adjust the salt and pepper. Cool and store for a make-ahead meal.
- For the flatbread: Arrange the flatbread on a wire rack over a baking sheet, spray with the olive oil on both sides and season with salt and oregano. Roast in the oven to toasted and crisp. Store at room temperature in an airtight container.
- Reheat the soup over medium heat.

Serve the soup garnished with feta crumbles and a light sprinkle of cumin and paprika, a drizzle of EVOO and flatbread chips.

Nutrition Facts



PROTEIN 19.95% **FAT 23.14%** **CARBS 56.91%**

Properties

Glycemic Index:47.17, Glycemic Load:23.13, Inflammation Score:-10, Nutrition Score:31.619130417057%

Flavonoids

Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 10.98mg, Apigenin: 10.98mg, Apigenin: 10.98mg, Apigenin: 10.98mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 494.3kcal (24.72%), Fat: 13g (20%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 71.9g (23.97%), Net Carbohydrates: 52.21g (18.99%), Sugar: 8.49g (9.43%), Cholesterol: 26.7mg (8.9%), Sodium: 1902.3mg (82.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.42%), Vitamin K: 102.86µg (97.96%), Fiber: 19.69g (78.75%), Manganese: 1.34mg (67%), Folate: 218.99µg (54.75%), Vitamin A: 2321.13IU (46.42%), Vitamin B1: 0.67mg (44.36%), Phosphorus: 407.4mg (40.74%), Copper: 0.71mg (35.44%), Iron: 5.72mg (31.8%), Vitamin B2: 0.49mg (28.77%), Magnesium: 109.68mg (27.42%), Calcium: 272.71mg (27.27%), Potassium: 875.97mg (25.03%), Zinc: 3.49mg (23.27%), Vitamin B6: 0.37mg (18.56%), Vitamin B3: 3.51mg (17.57%), Vitamin B5: 1.74mg (17.36%), Vitamin C: 13.06mg (15.83%), Vitamin E: 1.63mg (10.89%), Selenium: 6.16µg (8.8%), Vitamin B12: 0.51µg (8.45%)