

 94%
HEALTH SCORE

Green Pea Soup with Tarragon and Pea Sprouts



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pea-mond dressing fresh
- ☐ 3 tablespoons tarragon fresh divided chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 32 ounce peas frozen divided thaw (do not)
- ☐ 6 servings yogurt plain
- ☐ 11 ounces shallots sliced
- ☐ 4 cups vegetable stock ()

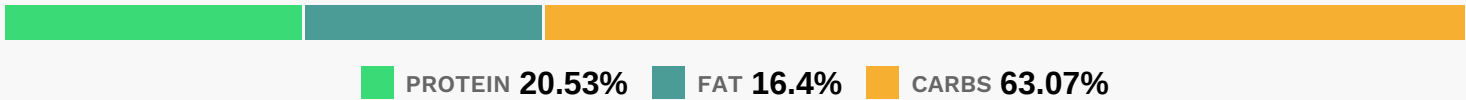
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender
- ☐ microwave

Directions

- ☐ Place 1 cup peas in microwave-safe bowl;set aside.
- ☐ Heat oil in heavy large saucepanover medium-high heat.
- ☐ Add shallots andsauté until golden and almost tender, about7 minutes.
- ☐ Add remaining peas, 4 cupsbroth, and 2 tablespoons tarragon; bring toboil. Reduce heat to medium and boil untilflavors blend and peas are tender, about 7minutes. Cool slightly. Working in batches,puree soup in blender until completelysmooth. Return soup to same saucepan.Bring to simmer and thin with more brothby 1/4 cupfuls, if desired. Stir in remaining1 tablespoon tarragon. Season with pepper.
- ☐ Cook reserved 1 cup peas in microwaveuntil warm, about 1 minute.
- ☐ Ladle soup into 6 bowls.
- ☐ Drizzle lightlywith yogurt.
- ☐ Sprinkle whole peas over andgarnish with pea sprouts.
- ☐ *Available at natural foods stores and
- ☐ Asian markets.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:38.39, Glycemic Load:14.93, Inflammation Score:-9, Nutrition Score:29.808260652358%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 319.62kcal (15.98%), Fat: 6.03g (9.28%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 52.2g (17.4%), Net Carbohydrates: 36.07g (13.12%), Sugar: 16.91g (18.79%), Cholesterol: 0.02mg (0.01%), Sodium: 646.94mg (28.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17g (33.99%), Vitamin C: 66.74mg (80.9%), Folate: 304.54µg (76.13%), Manganese: 1.46mg (72.95%), Fiber: 16.13g (64.52%), Vitamin B1: 0.62mg (41.09%), Vitamin K: 42.19µg (40.18%), Iron: 6.16mg (34.24%), Phosphorus: 341.16mg (34.12%), Vitamin A: 1652.41IU (33.05%), Vitamin B6: 0.61mg (30.29%), Magnesium: 118.72mg (29.68%), Copper: 0.57mg (28.31%), Potassium: 889.89mg (25.43%), Zinc: 3.34mg (22.26%), Vitamin B3: 4mg (20.02%), Vitamin B2: 0.31mg (18.03%), Calcium: 119.57mg (11.96%), Selenium: 5.69µg (8.12%), Vitamin E: 1.13mg (7.53%), Vitamin B5: 0.67mg (6.68%)