



Habitant Pea Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



549 kcal

SOUP

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 0.3 cup crème fraîche
- ☐ 2 tablespoons fresh flat-leaf parsley fresh chopped
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 12 ounce ham hock

- ☐ 0.8 teaspoon kosher salt
- ☐ 6 cups less-sodium beef broth fat-free
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion finely chopped
- ☐ 6 ounces salt pork
- ☐ 2 cups water
- ☐ 2 cups yellow split peas split yellow

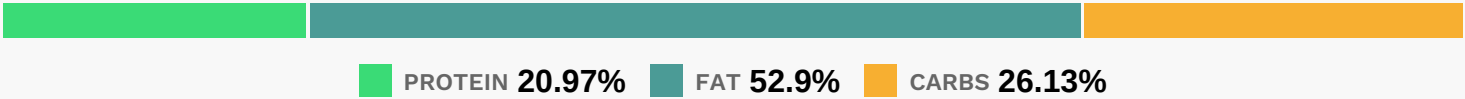
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a large Dutch oven over medium-high heat.
- ☐ Add 2 cups onion, carrot, and celery to pan; saut for 6 minutes, stirring occasionally. Stir in peas; saut for 1 minute.
- ☐ Add broth and the next 4 ingredients (through ham hock); bring to a boil. Reduce heat, and simmer 1 1/2 hours or until peas are tender, skimming surface occasionally, as necessary.
- ☐ Remove ham hock and bay leaves; discard.
- ☐ Remove salt pork; cool.
- ☐ Remove 1 1/2 cups pea mixture; let stand 5 minutes. Puree 1 1/2 cups pea mixture, and return to pan, stirring to thicken slightly. Stir in parsley, chopped thyme, salt, and pepper.
- ☐ Dice salt pork.
- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add pork to pan; cover and cook 5 minutes or until crisp and browned, stirring frequently. Ladle 1 cup soup into each of 8 bowls; top each serving with 1 tablespoon pork and 1 1/2 teaspoons crme frache.
- ☐ Sprinkle with fresh thyme leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:1.47, Inflammation Score:0, Nutrition Score:19.548695544834%

Flavonoids

Apigenin: 2.39mg, Apigenin: 2.39mg, Apigenin: 2.39mg, Apigenin: 2.39mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 548.85kcal (27.44%), Fat: 32.49g (49.99%), Saturated Fat: 11.19g (69.91%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 22.01g (8%), Sugar: 6.73g (7.48%), Cholesterol: 68.88mg (22.96%), Sodium: 1256.08mg (54.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.98g (57.97%), Vitamin A: 2989.88IU (59.8%), Fiber: 14.1g (56.42%), Manganese: 0.82mg (40.91%), Folate: 150.88µg (37.72%), Potassium: 1166.31mg (33.32%), Vitamin B1: 0.44mg (29.12%), Vitamin K: 30.08µg (28.65%), Copper: 0.49mg (24.3%), Phosphorus: 218.15mg (21.81%), Iron: 3.53mg (19.59%), Magnesium: 69.6mg (17.4%), Zinc: 1.86mg (12.42%), Vitamin C: 9.19mg (11.14%), Vitamin B5: 1.05mg (10.55%), Vitamin B3: 2.04mg (10.22%), Vitamin B2: 0.16mg (9.66%), Vitamin B6: 0.19mg (9.41%), Calcium: 72.31mg (7.23%), Vitamin E: 0.72mg (4.77%), Selenium: 2.54µg (3.62%), Vitamin B12: 0.08µg (1.28%)