



## Indian Split-Pea and Vegetable Soup

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons butter
- 4 carrots cut into 1/4-inch slices
- 2 inch ginger fresh peeled chopped
- 10 ounces pkt spinach frozen chopped
- 1 tablespoon ground coriander
- 1.5 teaspoons ground cumin
- 1 jalapeno minced
- 1 cup peas split green yellow

- 1 pound potatoes boiling peeled cut into 1/2-inch cubes ( 3)
- 1.8 teaspoons salt
- 0.3 teaspoon turmeric
- 9 cups water

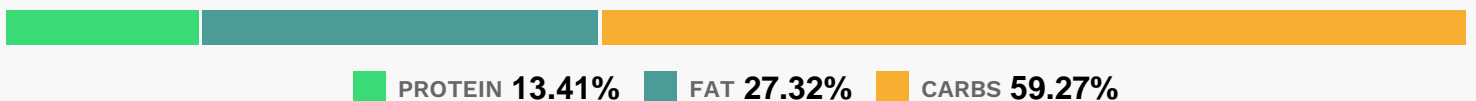
## Equipment

- frying pan
- sauce pan
- pot

## Directions

- Remove the spinach from the freezer. In a medium saucepan, combine the split peas, 3 cups of the water, the unchopped piece of ginger, and 1/2 teaspoon of the salt. Bring to a boil. Reduce the heat and simmer, covered, stirring frequently, until the split peas are tender, about 30 minutes.
- Add more water if necessary to keep the peas from sticking to the pan.
- Meanwhile, in a large pot, melt the butter over moderately low heat. Stir in the chopped ginger, the jalapeo, turmeric, coriander, cumin, carrots, potatoes, and the remaining 1 1/4 teaspoons salt.
- Add the remaining 6 cups water. Bring to a boil. Reduce the heat and simmer, stirring occasionally, until the vegetables are almost tender, about 10 minutes. Stir in the spinach and simmer 5 minutes longer.
- Remove the whole piece of ginger from the cooked split peas and then stir the split peas into the soup. Simmer the soup for 5 minutes, stirring occasionally.
- Wine Recommendation: A simple, straightforward, fruity Beaujolais will make a fine accompaniment to this soup. Its vivid cherry and berry flavors will contrast and highlight, not compete with, the earthiness of the dish.

## Nutrition Facts



## Properties

Glycemic Index:49.54, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:27.210434880594%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 215.29kcal (10.76%), Fat: 6.97g (10.73%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 34.03g (11.34%), Net Carbohydrates: 25.48g (9.26%), Sugar: 7.1g (7.89%), Cholesterol: 15.05mg (5.02%), Sodium: 1208.09mg (52.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Vitamin A: 19008.76IU (380.18%), Vitamin K: 285.18µg (271.6%), Manganese: 0.97mg (48.36%), Vitamin C: 36.43mg (44.16%), Folate: 159.99µg (40%), Fiber: 8.55g (34.22%), Potassium: 1102.33mg (31.5%), Magnesium: 112.02mg (28%), Vitamin B6: 0.49mg (24.31%), Copper: 0.46mg (23.01%), Iron: 3.68mg (20.42%), Vitamin B1: 0.31mg (20.38%), Vitamin E: 2.84mg (18.95%), Phosphorus: 177.37mg (17.74%), Vitamin B2: 0.29mg (17.03%), Calcium: 167.29mg (16.73%), Vitamin B3: 3.16mg (15.8%), Zinc: 1.55mg (10.31%), Selenium: 6.02µg (8.59%), Vitamin B5: 0.61mg (6.13%)