

# Italian Pea Pottage

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon aniseed crushed
- 1 cup duck breast meat – skin left on smoked shredded
- 1 cup flat parsley finely chopped
- 1 pound peas dried split green rinsed
- 0.5 teaspoon pepper black
- 1 large onion diced red
- 1 tablespoon salt
- 1 quart veggie broth

2 slices bacon smoked thick-cut

## Equipment

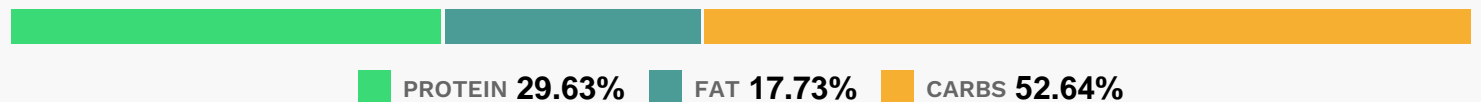
frying pan

sauce pan

## Directions

- Cook the bacon in a large saucepan over medium heat for 7 to 10 minutes, or until crisp.
- Remove the bacon from the pan, cut into small pieces, and set aside.
- Add the onion to the pan and cook for 10 minutes, or until golden brown.
- Add the stock, peas, bacon pieces, and 2 cups of water, and simmer for 1 hour, skimming away any impurities that rise to the top.
- Add the pepper, salt, and aniseed and simmer for 15 minutes.
- Remove from the heat, stir in the parsley and duck, and serve immediately.
- Boil green pease with some strong broth, and interlarded bacon cut into slices; the pease being boiled, put to them some chopped parsley, pepper, anniseed, and strain some of the pease to thicken the broth; give it a walm [warm it] and serve it on sippets, with boiled chickens, pigeons, kids, or lambs-heads, mutton, duck, mallard, or any poultry. Sometimes for variety you may thicken the broth with eggs.
- Shakespeare's Kitchen
- Random House

## Nutrition Facts



## Properties

Glycemic Index:17.63, Glycemic Load:1.07, Inflammation Score:-8, Nutrition Score:26.253043682031%

## Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin:

1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 284.21kcal (14.21%), Fat: 5.7g (8.77%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 22.99g (8.36%), Sugar: 6.19g (6.88%), Cholesterol: 28.71mg (9.57%), Sodium: 1435.07mg (62.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.86%), Vitamin K: 131.48µg (125.22%), Vitamin B12: 3.89µg (64.83%), Fiber: 15.08g (60.32%), Folate: 171.24µg (42.81%), Manganese: 0.85mg (42.74%), Vitamin B1: 0.57mg (38.02%), Copper: 0.61mg (30.46%), Phosphorus: 287.32mg (28.73%), Iron: 4.67mg (25.95%), Potassium: 727.57mg (20.79%), Magnesium: 79.43mg (19.86%), Vitamin A: 990.54IU (19.81%), Vitamin C: 14mg (16.97%), Vitamin B6: 0.33mg (16.43%), Vitamin B3: 3.14mg (15.72%), Zinc: 2.17mg (14.45%), Vitamin B2: 0.23mg (13.61%), Vitamin B5: 1.34mg (13.38%), Selenium: 8.75µg (12.5%), Calcium: 51.97mg (5.2%)