



HEALTH SCORE

66%

Loaded Black-eyed Peas, Spinach, and Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



130 min.

SERVINGS



10

CALORIES



112 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 1.5 cups black-eyed peas dry
- ☐ 3 carrots sliced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 cloves garlic crushed
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 1 large onion chopped

- ☐ 3 potatoes cubed
- ☐ 10 ounce pkt spinach fresh
- ☐ 6 cups vegetable broth
- ☐ 1 zucchini cubed peeled

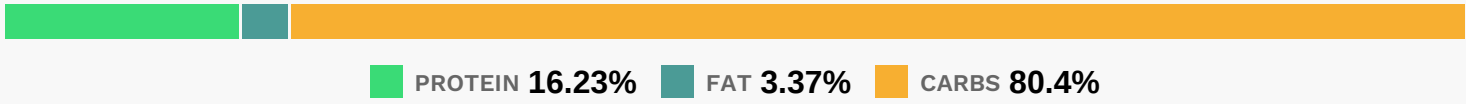
Equipment

- ☐ dutch oven

Directions

- ☐ Heat olive oil in a large pot or Dutch oven over medium heat; cook and stir onion and garlic in the hot oil until lightly browned, about 10 minutes.
- ☐ Add vegetable broth and bring to a boil.
- ☐ Mix potatoes, black-eyed peas, carrots, zucchini, spinach, parsley, and bay leaves into the broth. Season with salt and black pepper. Bring to a boil, reduce heat, and simmer soup until peas are tender and flavors have blended, 1 1/2 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:11.7, Inflammation Score:-10, Nutrition Score:19.37130447056%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 111.78kcal (5.59%), Fat: 0.44g (0.68%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 18.88g (6.87%), Sugar: 4.68g (5.2%), Cholesterol: 0mg (0%), Sodium: 606.51mg (26.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin K: 148.64µg (141.57%), Vitamin A: 6096.1IU (121.92%), Vitamin C: 27.27mg (33.06%), Folate: 130.61µg (32.65%), Manganese: 0.59mg (29.5%), Fiber: 4.74g

(18.96%), Potassium: 639.01mg (18.26%), Vitamin B6: 0.36mg (18.03%), Magnesium: 58.69mg (14.67%), Iron: 2.14mg (11.87%), Phosphorus: 111.01mg (11.1%), Vitamin B1: 0.16mg (10.4%), Copper: 0.21mg (10.25%), Vitamin B2: 0.12mg (7.25%), Vitamin B3: 1.31mg (6.54%), Calcium: 57.88mg (5.79%), Zinc: 0.82mg (5.47%), Vitamin E: 0.81mg (5.38%), Vitamin B5: 0.43mg (4.32%), Selenium: 1.43µg (2.04%)