



London Particular

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bacon diced uncooked
- ☐ 3 pieces bacon for garnish (optional,)
- ☐ 1 large carrots diced
- ☐ 2 medium stalks celery diced
- ☐ 96 ounce chicken broth
- ☐ 1 onion diced
- ☐ 1 pound peas split
- ☐ 1 tablespoon butter unsalted

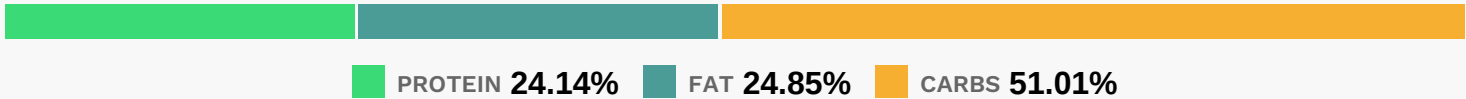
Equipment

- ☐ food processor
- ☐ pot
- ☐ immersion blender

Directions

- ☐ In a large soup pot, melt butter over medium high heat.
- ☐ Add onion, carrot, celery, and bacon. Cook, stirring occasionally, until vegetables are soft and onion is translucent, about 10 minutes.
- ☐ Add split peas and chicken broth. Bring to a boil.
- ☐ Cover soup and reduce heat to a simmer. Cook until peas are soft, stirring occasionally, about one hour.
- ☐ When soup has cooled slightly, use an immersion blender to puree soup to an almost smooth consistency. Alternatively, puree soup in batches in a food processor.
- ☐ If desired, cook extra three pieces of bacon until crisp. Dice and sprinkle over soup as garnish.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:0.82, Inflammation Score:-9, Nutrition Score:25.083478336749%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 392.31kcal (19.62%), Fat: 11.07g (17.03%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 51.13g (17.04%), Net Carbohydrates: 30.99g (11.27%), Sugar: 9.52g (10.58%), Cholesterol: 26.19mg (8.73%), Sodium: 1835.47mg (79.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.2g (48.4%), Fiber: 20.14g (80.55%), Manganese:

1.32mg (65.84%), Folate: 217.77µg (54.44%), Vitamin B1: 0.71mg (47.6%), Vitamin A: 2251.76IU (45.04%), Copper: 0.75mg (37.4%), Phosphorus: 334.51mg (33.45%), Potassium: 959.96mg (27.43%), Vitamin B2: 0.47mg (27.37%), Magnesium: 98.46mg (24.62%), Iron: 3.84mg (21.35%), Vitamin B3: 4.1mg (20.49%), Zinc: 2.89mg (19.26%), Vitamin K: 16.69µg (15.89%), Vitamin B5: 1.56mg (15.62%), Vitamin B6: 0.23mg (11.44%), Selenium: 6.89µg (9.84%), Calcium: 74.71mg (7.47%), Vitamin C: 3.84mg (4.65%), Vitamin E: 0.5mg (3.34%), Vitamin B12: 0.19µg (3.11%)