



Make-Ahead Pea Soup with Shallot, Lemon, and Parmesan



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



250 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 2 tablespoons mint leaves fresh roughly chopped
- ☐ 2 servings kosher salt
- ☐ 1 of lemon zest
- ☐ 0.8 cup onion finely chopped
- ☐ 1.5 cups peas fresh sweet
- ☐ 0.3 cup shallots minced

- ☐ 2 tablespoons butter unsalted
- ☐ 2 cups vegetable stock low-sodium homemade store-bought

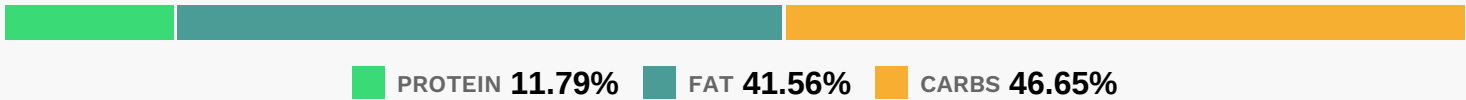
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ microwave

Directions

- ☐ Place lemon rind in shallow pan and cover with cold water. Bring to a simmer, and then pour out water. Repeat once more, then set lemon rinds aside.
- ☐ Melt butter in large saucepan over low heat.
- ☐ Add onions, shallots, and a pinch of salt and cook until softened and translucent, 5 to 6 minutes.
- ☐ Add peas to saucepan and cook, stirring, for 1 minute.
- ☐ Add lemon rinds and stock and bring to a boil. Immediately remove from the heat and stir in mint.
- ☐ Let cool slightly, 5 to 10 minutes, then blend in blender or food processor until smooth.
- ☐ Add Parmesan and blend again. Season to taste with salt and pepper.
- ☐ Serve immediately or chill for later use. Reheat in microwave until warm.

Nutrition Facts



Properties

Glycemic Index:89.17, Glycemic Load:8, Inflammation Score:-9, Nutrition Score:16.759565126637%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 249.5kcal (12.47%), Fat: 11.93g (18.36%), Saturated Fat: 7.31g (45.71%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 21.49g (7.82%), Sugar: 13.06g (14.52%), Cholesterol: 30.1mg (10.03%), Sodium: 1148.32mg (49.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Vitamin C: 52.54mg (63.69%), Vitamin A: 1897.93IU (37.96%), Fiber: 8.64g (34.57%), Manganese: 0.68mg (34.11%), Vitamin K: 28.59µg (27.23%), Folate: 98.34µg (24.59%), Vitamin B1: 0.34mg (22.66%), Vitamin B6: 0.37mg (18.29%), Phosphorus: 159.82mg (15.98%), Potassium: 485.7mg (13.88%), Magnesium: 52.63mg (13.16%), Copper: 0.26mg (13.07%), Iron: 2.35mg (13.06%), Vitamin B3: 2.5mg (12.48%), Zinc: 1.64mg (10.93%), Vitamin B2: 0.18mg (10.84%), Calcium: 68.67mg (6.87%), Selenium: 2.76µg (3.94%), Vitamin E: 0.49mg (3.28%), Vitamin B5: 0.31mg (3.08%), Vitamin D: 0.21µg (1.4%)