



Minted Pea Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



126 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup less-sodium chicken broth fat-free
- 3 tablespoons mint leaves fresh chopped
- 2 cups peas fresh green
- 0.5 cup milk 1% low-fat
- 0.5 cup heavy whipping cream sour reduced-fat
- 0.5 cup onion finely chopped
- 1 cup romaine lettuce chopped
- 0.3 teaspoon salt

0.3 teaspoon pepper white

Equipment

sauce pan

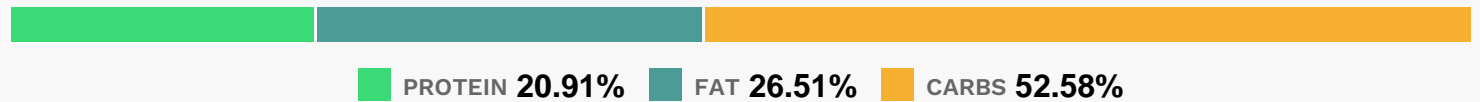
blender

Directions

Combine first 4 ingredients in a medium saucepan; bring to a boil. Stir in milk; reduce heat, and simmer, uncovered, 15 minutes or until vegetables are very tender.

Place pea mixture in a blender; let stand 5 minutes. Process until smooth. Stir in sour cream and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:3.21, Inflammation Score:-9, Nutrition Score:13.27434775622%

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: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 125.77kcal (6.29%), Fat: 3.81g (5.86%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 11.94g (4.34%), Sugar: 6.71g (7.46%), Cholesterol: 11.54mg (3.85%), Sodium: 419.35mg (18.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.51%), Vitamin C: 32.43mg (39.31%), Vitamin A: 1889.87IU (37.8%), Vitamin K: 30.28µg (28.84%), Fiber: 5.05g (20.21%), Manganese: 0.4mg (19.91%), Folate: 75.51µg (18.88%), Vitamin B1: 0.25mg (16.39%), Phosphorus: 147.62mg (14.76%), Vitamin B2: 0.21mg (12.17%), Calcium: 116.11mg (11.61%), Potassium: 381.46mg (10.9%), Vitamin B3: 2.01mg (10.05%), Vitamin B6: 0.19mg (9.58%), Magnesium: 37.67mg (9.42%), Zinc: 1.29mg (8.57%), Copper: 0.17mg (8.52%), Iron: 1.53mg (8.51%), Vitamin B12: 0.41µg (6.9%), Selenium: 4.22µg (6.02%), Vitamin B5: 0.3mg (3.04%), Vitamin D: 0.38µg (2.55%), Vitamin E: 0.21mg

(1.37%)