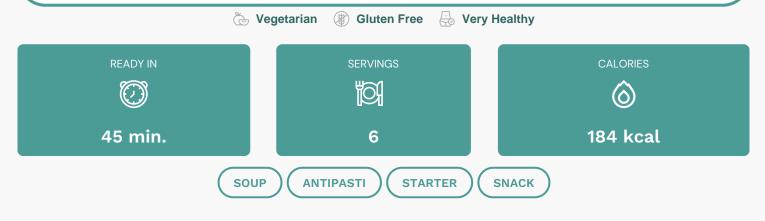


Minted Pea & Spinach Soup



Ingredients

1 cube chicken stock see
0.3 cup cup heavy whipping cream
2 teaspoons mint dried canned (I like mint a lot, but you can use less if you prefer)
0.3 cup milk
1 lb peas frozen
2 medium potatoes diced
6 servings salt and pepper to taste
0.5 pound pkt spinach fresh chopped

	2 tablespoons sugar	
	1 cup water thick (add more or less, depending on how you like your soup)	
	2 tablespoons yogurt	
Eq	uipment	
Н	pot	
믬	stove	
Ш	immersion blender	
Di	rections	
	Place pototoes in a medium sized pot with a little bit of water and some salt & pepper.	
	Place lid on and cook for 20 minutes until almost soft.	
	Add peas and cook for a further 5 minutes until potatoes are soft and cooked through.	
	Add spinach and cook a further 3 -5 minutes, until wilted. Take off the heat and let cool for a few minutes, then blend to a puree with an immersion blender.	
	Place pot back on the stovetop, adding cream, milk, water and chicken stock. Re-heat for a few minutes until piping-hot.	
	Add yoghurt, mint, sugar, salt and pepper to taste and stir through.	
	Serve immediately, scattered with some crispy croutons or bacon bits (or if you're like me and you just have some cheesegrillers on hand, fry them up in thin slices with a bit of sweet chilli sauce and use as topper).	
	Nutrition Facts	
	PROTEIN 15.69% FAT 21.94% CARBS 62.37%	
Properties		

Glycemic Index:47.86, Glycemic Load:15.2, Inflammation Score:-10, Nutrition Score:23.63347826087%

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 Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.13mg,

Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg,

Quercetin: 2mg

Taste

Sweetness: 43.11%, Saltiness: 100%, Sourness: 13.92%, Bitterness: 21.25%, Savoriness: 24.56%, Fattiness: 73.47%,

Spiciness: 0%

Nutrients (% of daily need)

Calories: 184.42kcal (9.22%), Fat: 4.66g (7.17%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 23.05g (8.38%), Sugar: 10.08g (11.2%), Cholesterol: 13.3mg (4.43%), Sodium: 244.12mg (10.61%), Protein: 7.5g (14.99%), Vitamin K: 203.03µg (193.36%), Vitamin A: 4310.68IU (86.21%), Vitamin C: 54.94mg (66.6%), Manganese: 0.78mg (38.91%), Folate: 135.58µg (33.9%), Fiber: 6.75g (27.01%), Vitamin B6: 0.43mg (21.36%), Potassium: 732.8mg (20.94%), Vitamin B1: 0.3mg (19.83%), Magnesium: 75.26mg (18.82%), Phosphorus: 163.5mg (16.35%), Iron: 2.85mg (15.85%), Vitamin B2: 0.24mg (14.08%), Copper: 0.27mg (13.5%), Vitamin B3: 2.64mg (13.19%), Zinc: 1.46mg (9.72%), Calcium: 95.79mg (9.58%), Vitamin E: 0.97mg (6.49%), Vitamin B5: 0.4mg (4.05%), Selenium: 2.62µg (3.74%), Vitamin D: 0.28µg (1.85%), Vitamin B12: 0.1µg (1.59%)