



Minted Pea & Spinach Soup

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SOUP

ANTIPASTI

STARTER

SNACK

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

Equipment

- pot
- stove
- immersion blender

Directions

- Place potatoes 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 cheese-grillers 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%)