



Minty Pea Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup crème fraîche sour
- ☐ 0.3 cup parsley fresh
- ☐ 6 servings chives fresh chopped (for serving)
- ☐ 0.3 cup mint leaves fresh
- ☐ 6 cups peas fresh frozen shelled thawed (from 6 pounds pods)
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 6 servings pepper freshly ground
- ☐ 1 medium onion chopped

- ☐ 3 tablespoons butter unsalted
- ☐ 4 cups vegetable broth low-sodium divided

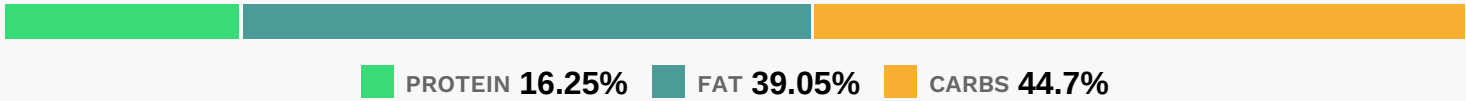
Equipment

- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in a large heavy pot over medium heat.
- ☐ Add onion and cook, stirring often, until softened but not browned, 6–8 minutes.
- ☐ Add 2 cups broth and bring to a boil.
- ☐ Add peas, reduce heat, and simmer gently until tender, about 5 minutes for fresh peas, about 2 minutes for frozen.
- ☐ Remove pot from heat.
- ☐ Add parsley, mint, and remaining 2 cups broth to pot. Purée soup in a blender or with an immersion blender, thinning with water if soup is too thick, until smooth. Season soup with salt and pepper.
- ☐ Whisk crème fraîche and cream in a small bowl to blend.
- ☐ Serve warm soup topped with chives, passing crème fraîche mixture alongside for spooning over.

Nutrition Facts



Properties

Glycemic Index:30.06, Glycemic Load:6.02, Inflammation Score:-9, Nutrition Score:19.972173926623%

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: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin:

5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 223.71kcal (11.19%), Fat: 9.99g (15.37%), Saturated Fat: 5.84g (36.47%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 16.2g (5.89%), Sugar: 10.19g (11.32%), Cholesterol: 26.35mg (8.78%), Sodium: 15.11mg (0.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.71%), Vitamin C: 63.98mg (77.55%), Vitamin K: 80.12µg (76.31%), Fiber: 9.53g (38.13%), Vitamin A: 1752.08IU (35.04%), Manganese: 0.66mg (33.1%), Vitamin B1: 0.4mg (26.8%), Folate: 105.72µg (26.43%), Phosphorus: 177.34mg (17.73%), Vitamin B3: 3.14mg (15.7%), Vitamin B6: 0.28mg (13.96%), Copper: 0.28mg (13.93%), Vitamin B2: 0.23mg (13.71%), Iron: 2.46mg (13.66%), Magnesium: 54.47mg (13.62%), Zinc: 1.93mg (12.89%), Potassium: 427.78mg (12.22%), Calcium: 64.5mg (6.45%), Selenium: 3.29µg (4.7%), Vitamin E: 0.46mg (3.06%), Vitamin B5: 0.25mg (2.47%), Vitamin D: 0.19µg (1.23%)