



 **90%**
HEALTH SCORE

Minty Raw Pea and Spinach Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



11 min.

SERVINGS



4

CALORIES



116 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 ounces baby spinach fresh packed
- 4 servings pepper black freshly ground to taste
- 1 tablespoon mint leaves fresh chopped
- 1 clove garlic peeled
- 1 tablespoon juice of lemon fresh
- 4 servings lemon wedges
- 12 ounces peas green frozen thaw (no need to)
- 1 ounce cashew pieces raw

4 servings salt to taste

1 cup water

Equipment

blender

Directions

Place the water, cashews or avocado, and garlic into blender and blend at the highest speed until completely smooth.

Add the peas, spinach, lemon juice, and mint and blend at high speed, using a pusher if your blender has one, until thick and smooth. Taste and add freshly ground black pepper, salt, and additional lemon juice, if needed.

Serve cold, with lemon to squeeze into individual servings.

Nutrition Facts

 PROTEIN **21.65%**  FAT **26.14%**  CARBS **52.21%**

Properties

Glycemic Index:47.26, Glycemic Load:3.96, Inflammation Score:-9, Nutrition Score:19.060434849366%

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: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 116.33kcal (5.82%), Fat: 3.56g (5.48%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 10.28g (3.74%), Sugar: 5.46g (6.06%), Cholesterol: 0mg (0%), Sodium: 219.24mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Vitamin K: 126.38µg (120.36%), Vitamin A: 2698.53IU (53.97%), Vitamin C: 42.64mg (51.69%), Manganese: 0.7mg (34.9%), Folate: 100.63µg (25.16%), Fiber: 5.73g

(22.92%), Vitamin B1: 0.28mg (18.45%), Copper: 0.35mg (17.56%), Magnesium: 67.82mg (16.95%), Phosphorus: 146.98mg (14.7%), Iron: 2.4mg (13.31%), Vitamin B6: 0.23mg (11.42%), Potassium: 389.67mg (11.13%), Zinc: 1.61mg (10.73%), Vitamin B3: 2.04mg (10.19%), Vitamin B2: 0.16mg (9.51%), Calcium: 52.15mg (5.22%), Selenium: 3.27µg (4.68%), Vitamin E: 0.61mg (4.1%), Vitamin B5: 0.18mg (1.8%)