



## New Year's Day Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 30 ounce black-eyed peas undrained canned
- ☐ 8 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 carrots chopped
- ☐ 2 rib celery chopped
- ☐ 1 cup ham smoked diced lean
- ☐ 29 ounce chicken broth fat-free low-sodium, canned
- ☐ 0.5 cup parsley fresh chopped

- ☐ 2 garlic cloves minced
- ☐ 29 ounce no-salt-added stewed tomatoes undrained canned
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 cups pkt spinach fresh chopped
- ☐ 10 servings garnish: spinach fresh chopped

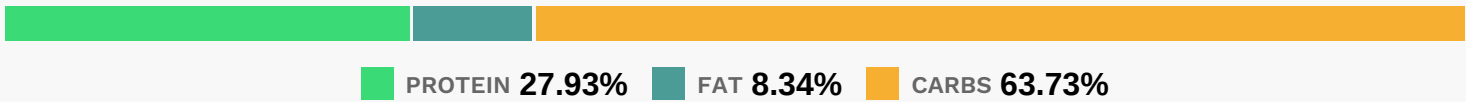
## Equipment

- ☐ dutch oven

## Directions

- ☐ Saute first 5 ingredients over medium heat in a Dutch oven until vegetables are tender.
- ☐ Stir in black-eyed peas and next 4 ingredients; bring mixture to a boil. Cover, reduce heat, and simmer 1 hour and 30 minutes. Stir in 1 1/2 cups spinach, parsley, and pepper.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:38.78, Glycemic Load:7.07, Inflammation Score:-10, Nutrition Score:27.783478083818%

## Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

## Nutrients (% of daily need)

Calories: 170.94kcal (8.55%), Fat: 1.7g (2.61%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 20.29g (7.38%), Sugar: 8.74g (9.72%), Cholesterol: 8.16mg (2.72%), Sodium: 754.09mg (32.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.58%), Vitamin K: 224.37µg (213.68%), Vitamin A: 5823.17IU (116.46%), Folate: 267.69µg (66.92%), Manganese: 0.94mg (47.24%), Fiber: 8.9g (35.6%), Vitamin C:

28.77mg (34.87%), Iron: 5.22mg (29.01%), Potassium: 917.51mg (26.21%), Magnesium: 103.5mg (25.87%), Copper: 0.5mg (25.23%), Phosphorus: 243.46mg (24.35%), Vitamin B1: 0.29mg (19.65%), Vitamin B6: 0.38mg (18.98%), Vitamin E: 2.45mg (16.3%), Vitamin B2: 0.22mg (13.21%), Zinc: 1.97mg (13.12%), Vitamin B3: 2.62mg (13.1%), Calcium: 114.5mg (11.45%), Vitamin B5: 0.82mg (8.16%), Selenium: 4.91µg (7.01%), Vitamin B12: 0.16µg (2.74%)