



Parker's Split Pea Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 cups medium-diced carrots (3 to 4 carrots)
- ☐ 8 cups chicken stock see
- ☐ 2 cloves garlic minced
- ☐ 1 pound peas dried split green
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.1 cup olive oil good
- ☐ 0.5 teaspoon oregano dried

- ☐ 1 cup medium-diced potatoes red boiling unpeeled (3 small)
- ☐ 1 cup onions yellow chopped

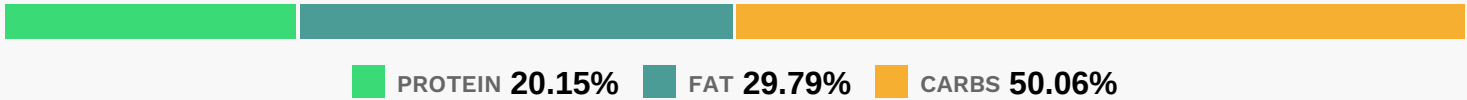
Equipment

- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a 4-quart stockpot on medium heat, saute the onions and garlic with the olive oil, oregano, salt, and pepper until the onions are translucent, 10 to 15 minutes.
- ☐ Add the carrots, potatoes, 1/2 pound of split peas, and chicken stock. Bring to a boil, then simmer uncovered for 40 minutes. Skim off the foam while cooking.
- ☐ Add the remaining split peas and continue to simmer for another 40 minutes, or until all the peas are soft. Stir frequently to keep the solids from burning on the bottom. Taste for salt and pepper.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:30.86, Glycemic Load:4.96, Inflammation Score:-10, Nutrition Score:21.142608601114%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 264.64kcal (13.23%), Fat: 8.83g (13.58%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 26.84g (9.76%), Sugar: 12.84g (14.26%), Cholesterol: 9.6mg (3.2%), Sodium: 1078.12mg (46.87%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.87%), Vitamin A: 7722.85IU (154.46%), Vitamin C: 37.84mg (45.86%), Vitamin B3: 7.39mg (36.96%), Vitamin K: 30.16µg (28.72%), Fiber: 6.56g (26.23%), Manganese: 0.51mg (25.48%), Vitamin B1: 0.38mg (25.09%), Vitamin B2: 0.41mg (24.36%), Vitamin B6: 0.47mg (23.57%), Potassium: 820.38mg (23.44%), Phosphorus: 208.27mg (20.83%), Folate: 83.29µg (20.82%), Copper: 0.38mg (18.89%), Magnesium: 52.32mg (13.08%), Iron: 2.29mg (12.73%), Selenium: 8.87µg (12.67%), Zinc: 1.64mg (10.91%), Vitamin E: 1.17mg (7.78%), Calcium: 57.57mg (5.76%), Vitamin B5: 0.31mg (3.1%)