



Pea and Gammon Soup

 Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

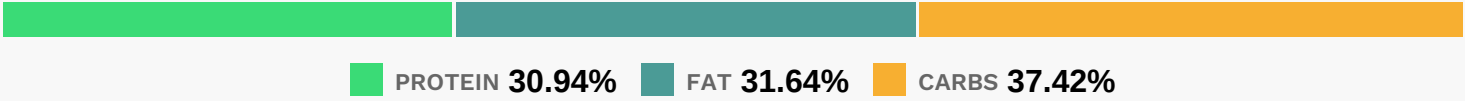
- ☐ 3 servings pepper black freshly ground
- ☐ 1 spoon knorr chicken powder
- ☐ 150 g gammon cut into bite size pieces
- ☐ 4 Tbs heavy cream
- ☐ 3.5 cups peas frozen
- ☐ 3 servings salt
- ☐ 2.5 cups water

Equipment

Directions

☐ Fry gammon pieces until cooked.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:6.54, Inflammation Score:-9, Nutrition Score:24.198260784149%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

Nutrients (% of daily need)

Calories: 266.17kcal (13.31%), Fat: 9.41g (14.48%), Saturated Fat: 5.21g (32.54%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 15.38g (5.59%), Sugar: 10.23g (11.37%), Cholesterol: 53.64mg (17.88%), Sodium: 335.11mg (14.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.42%), Vitamin C: 67.79mg (82.17%), Vitamin B1: 0.73mg (48.46%), Vitamin K: 42.76µg (40.72%), Fiber: 9.67g (38.67%), Manganese: 0.71mg (35.63%), Vitamin B3: 6.58mg (32.89%), Vitamin A: 1592.18IU (31.84%), Phosphorus: 312.51mg (31.25%), Vitamin B6: 0.57mg (28.6%), Folate: 110.88µg (27.72%), Vitamin B2: 0.43mg (25.44%), Zinc: 3.09mg (20.62%), Selenium: 14.34µg (20.49%), Copper: 0.37mg (18.65%), Magnesium: 70.56mg (17.64%), Potassium: 613.67mg (17.53%), Iron: 2.86mg (15.87%), Calcium: 68.59mg (6.86%), Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.21µg (3.55%), Vitamin E: 0.49mg (3.24%), Vitamin D: 0.47µg (3.13%)