



Pea and Pesto Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



2

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon kosher salt
- 0.5 teaspoon juice of lime
- 3 cups peas frozen
- 0.3 cup pesto fresh jarred (not)
- 2 scallions
- 3 cups water

Equipment

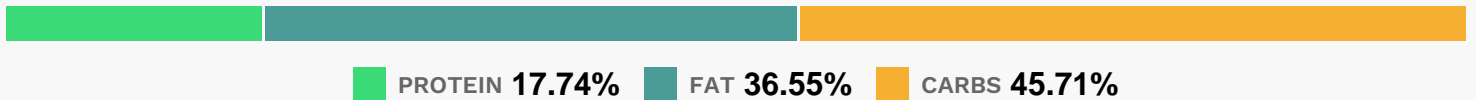
- food processor

- frying pan
- blender
- stove

Directions

- The quickest way to proceed is to fill a kettle first and put it on to boil. When it's boiled, measure the amount you need into a pan and put on the stove to come back to a boil.
- Add the frozen peas, scallions, salt and lime juice and let everything bubble together for 7 minutes.
- Discard the scallions and blitz the peas and their liquid with the pesto in a blender.*
- Pour into a thermos flask that you've left filled with hot water and then emptied and make sure you screw the top on securely.
- Remove liquid from the heat and allow to cool for at least 5 minutes.
- Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions.
- Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:8.57, Inflammation Score:-9, Nutrition Score:26.117825995321%

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 Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 300.3kcal (15.01%), Fat: 12.36g (19.02%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 21.58g (7.85%), Sugar: 13.63g (15.14%), Cholesterol: 2.48mg (0.83%), Sodium: 1483.15mg (64.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.5g (27%), Vitamin C: 89.63mg (108.64%), Vitamin K: 78.79µg (75.04%), Fiber: 13.21g (52.84%), Vitamin A: 2409.1IU (48.18%), Manganese: 0.91mg (45.71%), Vitamin B1: 0.59mg (39.03%), Folate: 149.18µg (37.29%), Phosphorus: 239.51mg (23.95%), Vitamin B3: 4.61mg (23.05%), Copper: 0.45mg (22.54%), Iron: 3.57mg (19.81%), Magnesium: 77.85mg (19.46%), Vitamin B6: 0.38mg (18.77%), Zinc: 2.78mg (18.56%), Vitamin B2: 0.3mg (17.46%), Potassium: 565.52mg (16.16%), Calcium: 124.47mg (12.45%), Selenium: 3.99µg (5.7%), Vitamin B5: 0.24mg (2.37%), Vitamin E: 0.35mg (2.34%)