



Pea & pesto soup with fish finger croûtons



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pea-mond dressing frozen
- ☐ 4 medium potatoes peeled cut into cubes
- ☐ 1 l vegetable stock hot
- ☐ 300 g fish fillet (10)
- ☐ 3 tbsp basil pesto green

Equipment

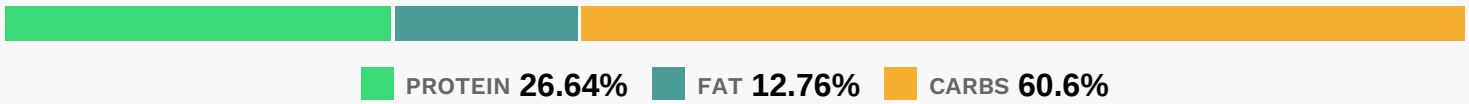
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ grill
- ☐ slotted spoon

Directions

- ☐ Tip the peas and potatoes into a large saucepan, then pour in the stock. Bring to the boil and simmer for 10 mins, until the potato chunks are tender. Meanwhile, grill the fish fingers as per pack instructions until cooked through and golden.
- ☐ Cut into bitesize cubes and keep warm.
- ☐ Take a third of the peas and potatoes out of the pan with a slotted spoon and set aside. Blend the rest of the soup until smooth, then stir in the pesto with the reserved vegetables.
- ☐ Heat through and serve in warm bowls with the fish finger crotons on top.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:35.98, Inflammation Score:-9, Nutrition Score:29.363478059354%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 436.96kcal (21.85%), Fat: 6.29g (9.68%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 67.24g (22.41%), Net Carbohydrates: 54.25g (19.73%), Sugar: 8.26g (9.17%), Cholesterol: 38.4mg (12.8%), Sodium: 1155.26mg (50.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.57g (59.13%), Folate: 312.08µg (78.02%), Fiber: 12.99g (51.96%), Vitamin C: 42.46mg (51.47%), Selenium: 35.11µg (50.16%), Manganese: 0.95mg (47.37%), Phosphorus: 443.91mg (44.39%), Vitamin B6: 0.87mg (43.74%), Potassium: 1470.73mg (42.02%), Magnesium: 135.49mg (33.87%), Copper: 0.62mg (31.06%), Vitamin B1: 0.45mg (30.24%), Iron: 5.28mg (29.36%), Vitamin B3: 5.79mg (28.96%), Vitamin B12: 1.18µg (19.75%), Zinc: 2.48mg (16.52%), Vitamin A: 778.74IU (15.57%), Vitamin D: 2.33µg (15.5%), Vitamin B5: 1.51mg (15.09%), Vitamin B2: 0.18mg (10.83%), Calcium: 81.17mg (8.12%), Vitamin K: 7.22µg (6.88%), Vitamin E: 0.67mg (4.48%)