



Pea Soup with Black-Cat Croutons

READY IN



140 min.

SERVINGS



8

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon
- ☐ 2 bay leaves
- ☐ 8 servings pepper black freshly ground to taste
- ☐ 2 large carrots peeled chopped
- ☐ 1 large rib celery chopped
- ☐ 64 oz cartons chicken broth low-sodium
- ☐ 1 teaspoon thyme leaves dried crumbled
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups peas split green rinsed

- ☐ 2 medium onions chopped
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 cup water

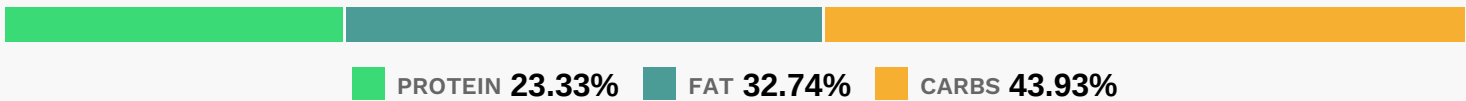
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Make soup: Saut bacon in large pot over medium–high heat until crisp and brown.
- ☐ Remove and set aside.
- ☐ Add onion, carrot and celery to pan; saut until vegetables begin to soften.
- ☐ Add garlic; saut for 1 minute.
- ☐ Add broth, water, peas, bay leaves and thyme; bring to a boil. Reduce heat to medium–low, partially cover pot and simmer until vegetables are tender and peas fall apart, stirring occasionally, 1 to 1 1/2 hours.
- ☐ Puree 5 cups soup in batches in blender. Return to pot. Stir in salt and season with pepper to taste.
- ☐ Make croutons.
- ☐ To serve, ladle soup into bowls. Crumble reserved bacon on top.
- ☐ Add a cat crouton and a dollop of sour cream to each bowl.

Nutrition Facts



Properties

Glycemic Index:20.98, Glycemic Load:1.22, Inflammation Score:-9, Nutrition Score:16.663478167161%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 268.23kcal (13.41%), Fat: 10.12g (15.58%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 20.08g (7.3%), Sugar: 5.77g (6.41%), Cholesterol: 17.56mg (5.85%), Sodium: 619.67mg (26.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.23g (32.46%), Vitamin A: 3164.78IU (63.3%), Fiber: 10.49g (41.95%), Manganese: 0.62mg (30.83%), Folate: 111.19µg (27.8%), Phosphorus: 249.85mg (24.98%), Vitamin B3: 4.96mg (24.81%), Copper: 0.47mg (23.51%), Vitamin B1: 0.34mg (22.39%), Potassium: 706.25mg (20.18%), Iron: 2.48mg (13.79%), Magnesium: 53.58mg (13.39%), Vitamin B2: 0.2mg (11.9%), Zinc: 1.66mg (11.06%), Vitamin K: 10.41µg (9.92%), Vitamin B6: 0.2mg (9.9%), Vitamin B5: 0.86mg (8.63%), Calcium: 61.99mg (6.2%), Selenium: 4.16µg (5.95%), Vitamin B12: 0.33µg (5.43%), Vitamin C: 4.2mg (5.09%), Vitamin E: 0.28mg (1.88%)