

**25%**
HEALTH SCORE

Pea Soup with Crème Fraîche

 **Vegetarian**  **Gluten Free**

READY IN

**60 min.**

SERVINGS

**6**

CALORIES

**98 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.5 cups peas frozen thawed
- 1 teaspoon olive oil
- 4 ounce potato boiling peeled cut into 1/2-inch pieces
- 1 teaspoon salt
- 2 medium shallots chopped
- 1 tablespoon crème fraîche mixed sour with 1 teaspoon water
- 3.5 cups water

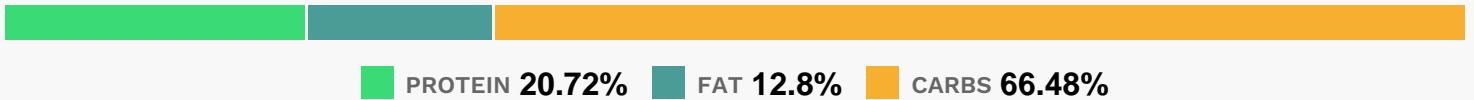
Equipment

- sauce pan
- sieve
- blender

Directions

- Cook shallots in oil in a 3-quart heavy saucepan over moderate heat, stirring, until softened, about 2 minutes.
- Add potato and salt and cook, stirring, 2 minutes.
- Add water and simmer, covered, until potato is tender, about 15 minutes.
- Add peas and simmer, uncovered, 2 minutes.
- Purée in batches in a blender (use caution when blending hot liquids), then force through a very fine sieve into a saucepan. Reheat soup and season with salt and pepper.
- Drizzle servings with crème fraîche.
- Cooks' note
- Soup can be made 2 days ahead and chilled, covered.
- Each serving about 87 calories and 2 grams fat
- Gourmet

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:3.6, Inflammation Score:-7, Nutrition Score:10.569130434783%

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 Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 97.6kcal (4.88%), Fat: 1.43g (2.2%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 11.27g (4.1%), Sugar: 5.76g (6.4%), Cholesterol: 1.18mg (0.39%), Sodium: 403.74mg (17.55%), Protein: 5.2g (10.4%), Vitamin C: 36.14mg (43.81%), Fiber: 5.41g (21.64%), Vitamin K: 22.02µg (20.97%), Manganese: 0.4mg

(19.95%), Vitamin B1: 0.25mg (16.38%), Folate: 61.33µg (15.33%), Vitamin A: 661.18IU (13.22%), Phosphorus: 109.4mg (10.94%), Vitamin B6: 0.2mg (10.23%), Copper: 0.2mg (10.21%), Vitamin B3: 2mg (10.02%), Potassium: 322.8mg (9.22%), Magnesium: 35.41mg (8.85%), Iron: 1.49mg (8.28%), Zinc: 1.17mg (7.77%), Vitamin B2: 0.12mg (7.21%), Calcium: 32.53mg (3.25%), Selenium: 1.79µg (2.56%), Vitamin B5: 0.17mg (1.72%), Vitamin E: 0.22mg (1.46%)