



Pea Soup with Foie Gras



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces bacon cut into 1/3" dice
- ☐ 1 medium carrots cut into 1/3" dice
- ☐ 1 celery stalk cut into 1/3" dice
- ☐ 3 ounces goose foie gras raw cleaned cut into 3/4" cubes
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings olive oil
- ☐ 1 medium onion chopped
- ☐ 2 cups peas dried whole yellow

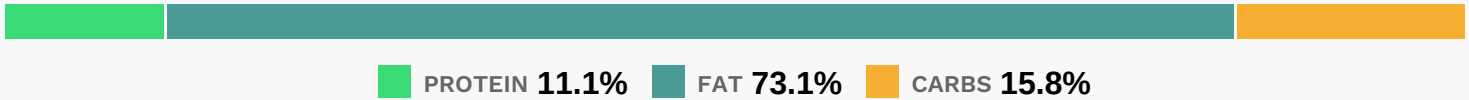
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Place peas in a large pot; add cold water to cover by 2".
- ☐ Let soak overnight.
- ☐ Drain peas; return to pot.
- ☐ Add onion, carrot, celery, and bacon.
- ☐ Add water to cover ingredients by 2". Bring to a boil over medium-low heat, stirring often. Continue cooking at a very low simmer, stirring every 15 minutes and occasionally skimming foam from the surface, until peas are almost tender, 2–3 hours (time will vary depending on age of peas). Season with salt. Simmer until peas are very tender, 15–45 minutes longer. Season to taste with salt and pepper. DO AHEAD: Can be made 2 days ahead.
- ☐ Let cool slightly. Chill uncovered until cold, then cover and chill. Return to a simmer before continuing.
- ☐ Season foie gras cubes, if using, with salt; divide among warmed bowls. Ladle hot soup over cubes and let stand until foie gras is warmed through, about 2 minutes.
- ☐ Drizzle with oil; sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:30.36, Glycemic Load:2.58, Inflammation Score:-10, Nutrition Score:23.504347821941%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 272.42kcal (13.62%), Fat: 22.35g (34.38%), Saturated Fat: 4.72g (29.48%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 7.48g (2.72%), Sugar: 4.01g (4.45%), Cholesterol: 85.47mg (28.49%), Sodium: 155.96mg (6.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.27%), Vitamin A: 6472.99IU (129.46%), Vitamin B12: 7.75µg (129.15%), Copper: 1.17mg (58.63%), Folate: 141.7µg (35.42%), Iron: 5.27mg (29.3%), Vitamin C: 21.95mg (26.6%), Vitamin K: 22.19µg (21.13%), Selenium: 14.43µg (20.62%), Vitamin B1: 0.28mg (18.39%), Vitamin E: 2.23mg (14.89%), Vitamin B3: 2.82mg (14.08%), Vitamin B6: 0.28mg (13.82%), Fiber: 3.39g (13.55%), Vitamin B2: 0.22mg (12.76%), Manganese: 0.25mg (12.59%), Phosphorus: 125.6mg (12.56%), Vitamin B5: 1.09mg (10.85%), Zinc: 1.32mg (8.77%), Potassium: 250.46mg (7.16%), Magnesium: 24.92mg (6.23%), Calcium: 27.54mg (2.75%)