



Peas and Carrots Alphabet Soup

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots diced
- ☐ 4 servings kosher salt
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 cup alphabet pasta
- ☐ 2 cups peas frozen

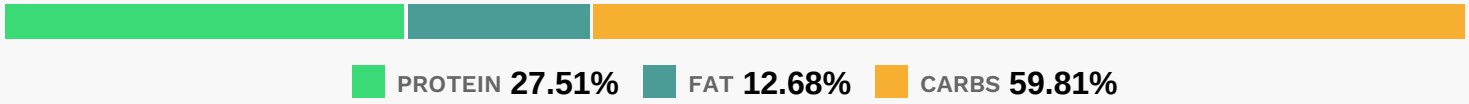
Equipment

- ☐ sauce pan

Directions

- ☐ Place the broth in a large saucepan and bring to a boil.
- ☐ Add the carrots, pasta, and 1/4 teaspoon salt. Simmer until the carrots and pasta are tender, 6 to 8 minutes. Stir in the peas and cook until heated through, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:33.29, Glycemic Load:8.27, Inflammation Score:-10, Nutrition Score:17.923913105674%

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 Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 183.52kcal (9.18%), Fat: 2.71g (4.17%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 23.34g (8.49%), Sugar: 6.42g (7.13%), Cholesterol: 0mg (0%), Sodium: 325.56mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.5%), Vitamin A: 5649.96IU (113%), Vitamin C: 30.8mg (37.33%), Vitamin B3: 6.92mg (34.6%), Manganese: 0.48mg (23.95%), Phosphorus: 223.52mg (22.35%), Fiber: 5.47g (21.87%), Vitamin K: 22.02µg (20.97%), Copper: 0.37mg (18.27%), Potassium: 612.43mg (17.5%), Selenium: 10.82µg (15.45%), Vitamin B1: 0.23mg (15.1%), Folate: 55.62µg (13.9%), Vitamin B2: 0.23mg (13.45%), Iron: 2.1mg (11.65%), Vitamin B6: 0.22mg (11.07%), Zinc: 1.54mg (10.25%), Magnesium: 39.08mg (9.77%), Vitamin B12: 0.35µg (5.9%), Calcium: 45.62mg (4.56%), Vitamin B5: 0.22mg (2.23%), Vitamin E: 0.31mg (2.08%)