



## Peas and Macaroni Soup

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings pepper black to taste
- 30 ounce peas drained canned
- 29 ounce chicken broth canned
- 16 ounce ditalini pasta
- 1 tablespoon parsley fresh chopped
- 2 large cloves garlic minced
- 0.3 teaspoon garlic powder
- 0.3 teaspoon penzey's southwest seasoning italian

- 2 tablespoons olive oil extra-virgin
- 0.3 teaspoon salt
- 1 large onion sweet finely chopped vidalia® (such as )

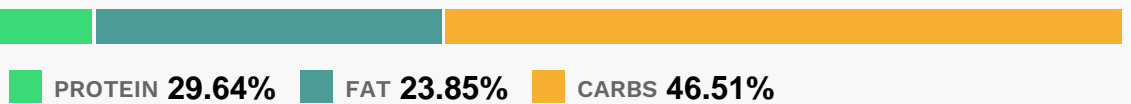
## Equipment

- pot

## Directions

- Heat the olive oil in a soup pot over medium-low heat. Stir in the minced garlic and onion; cook and stir until soft, about 5 minutes. Turn heat to medium; stir in canned peas, chicken broth, Italian seasoning, parsley, garlic powder, salt, and pepper. Bring to a simmer. Cook for 40 minutes with the lid slightly ajar.
- Stir pasta into soup; cook at a strong simmer until pasta is tender, about 12 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.33, Glycemic Load:0.12, Inflammation Score:-9, Nutrition Score:26.897391202657%

## Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg

## Nutrients (% of daily need)

Calories: 677.7kcal (33.88%), Fat: 17.65g (27.15%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 77.46g (25.82%), Net Carbohydrates: 69.75g (25.36%), Sugar: 9.35g (10.39%), Cholesterol: 68.51mg (22.84%), Sodium: 1029.28mg (44.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.35g (98.71%), Selenium: 75.29µg (107.56%), Manganese: 1.07mg (53.52%), Vitamin A: 2468.62IU (49.37%), Phosphorus: 459.44mg (45.94%), Vitamin K: 47.18µg (44.93%), Zinc: 5.61mg (37.4%), Fiber: 7.71g (30.83%), Vitamin B3: 6.08mg (30.4%), Vitamin B6: 0.55mg (27.39%), Iron: 4.87mg (27.05%), Magnesium: 99.08mg (24.77%), Copper: 0.46mg (23.24%), Vitamin B12: 1.37µg (22.84%), Vitamin C: 14.91mg (18.07%), Potassium: 605.77mg (17.31%), Folate: 64.37µg (16.09%), Vitamin B1: 0.2mg (13.55%),

Vitamin B2: 0.23mg (13.53%), Vitamin E: 1.26mg (8.37%), Calcium: 79.15mg (7.92%), Vitamin B5: 0.52mg (5.21%)