



## Peas and Potato Soup with Tarragon Pesto

READY IN



65 min.

SERVINGS



4

CALORIES



886 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 pound bacon diced finely
- 4 servings soup
- 1 clove flattened into paste grated
- 0.3 cup ditalini pasta
- 1 large head endive cleaned chopped
- 1 handful a flat-leaf parsley generous
- 4 cloves garlic chopped
- 1 tablespoon lemon zest juiced
- 9 servings grates nutmeg

- 0.3 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 2 onions chopped
- 0.3 cup parmigiano-reggiano grated
- 2 cups peas frozen
- 4 servings pesto
- 3 tablespoons pistachios shelled toasted
- 4 servings salt and pepper black freshly ground
- 2 large starchy potatoes diced peeled
- 1 small bunch packaged tarragon leaves picked loosely packed
- 1 quart vegetable stock-in-a-box
- 3 cups water

## Equipment

- food processor
- bowl
- frying pan
- dutch oven

## Directions

- Watch how to make this recipe.
- Heat a large Dutch oven over medium-high heat with extra-virgin olive oil a couple of turns of the pan.
- Add the pancetta, if using, the onions and the garlic. Stir occasionally for 3 to 4 minutes, then add the potatoes and season with salt and pepper, to taste. Cover the pan and cook for 5 minutes more, stirring occasionally.
- Add the escarole and season with nutmeg, cover the pan and let wilt for 2 minutes. Stir in the stock and water and bring the soup to a boil. Reduce the heat and simmer 15 minutes for flavors to combine, adjust salt and pepper, to taste, and let cool. Store for a make-ahead meal. Bring the soup, covered, to a boil over medium-high heat.

- Add the peas and ditalini and cook to al dente, about 7 to 8 minutes. Turn off the heat and serve in shallow bowls garnished with pesto.
- Put the herbs into food processor along with the nuts and grated garlic. Season with salt and pepper, to taste, then add the lemon zest, extra-virgin olive oil and the cheese. Pulse into a coarse paste, then transfer the pesto to storage container and drizzle the top with a thin layer of extra-virgin olive oil to retard browning. Cover and store in the refrigerator. Bring to room temp when ready to use.

## Nutrition Facts

**PROTEIN 9.74%**

**FAT 53.62%**

**CARBS 36.64%**

### Properties

Glycemic Index:146.52, Glycemic Load:33.7, Inflammation Score:-10, Nutrition Score:40.90347837106%

### Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 11.74mg, Kaempferol: 11.74mg, Kaempferol: 11.74mg, Kaempferol: 11.74mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg

### Nutrients (% of daily need)

Calories: 886.02kcal (44.3%), Fat: 53.67g (82.57%), Saturated Fat: 12.94g (80.85%), Carbohydrates: 82.51g (27.5%), Net Carbohydrates: 68.03g (24.74%), Sugar: 14.52g (16.13%), Cholesterol: 29.12mg (9.71%), Sodium: 2086.49mg (90.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.93g (43.86%), Vitamin K: 313.25µg (298.33%), Vitamin A: 4558.76IU (91.18%), Manganese: 1.65mg (82.75%), Vitamin C: 56.55mg (68.55%), Folate: 259.12µg (64.78%), Potassium: 2181.47mg (62.33%), Fiber: 14.48g (57.91%), Vitamin B6: 1.14mg (56.8%), Vitamin B1: 0.63mg (41.81%), Phosphorus: 380.58mg (38.06%), Copper: 0.67mg (33.51%), Magnesium: 125.97mg (31.49%), Calcium: 306.66mg (30.67%), Vitamin E: 4.51mg (30.07%), Iron: 5.38mg (29.87%), Vitamin B3: 5.63mg (28.14%), Selenium: 17.3µg (24.71%), Zinc: 3.44mg (22.96%), Vitamin B2: 0.35mg (20.61%), Vitamin B5: 2mg (20%), Vitamin B12: 0.22µg (3.62%)