



 **62%**
HEALTH SCORE

Peppery Pea Soup

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium baking potato peeled cut into fourths
- 1 medium carrots cut into fourths
- 0.5 teaspoon ground celery seeds
- 0.5 cup ham lean cooked chopped
- 0.5 teaspoon thyme leaves dried
- 6 cloves garlic
- 0.3 cup nonfat cream sour
- 16 ounce peas frozen english thawed

- 0.5 teaspoon pepper freshly ground
- 0.3 teaspoon salt
- 2.5 cups evaporated skimmed milk
- 0.8 cup tomatoes diced
- 0.5 cup water
- 1 large onion yellow cut into eighths

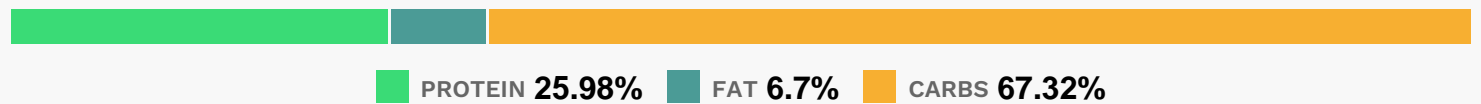
Equipment

- bowl
- ladle
- blender
- dutch oven

Directions

- Combine first 12 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until vegetables are tender.
- Transfer mixture in batches to container of an electric blender. Cover and process until smooth. Return puree to Dutch oven. Cook over medium heat just until thoroughly heated (do not boil).
- Ladle soup into individual bowls. Top each serving with 2 teaspoons sour cream and 2 tablespoons diced tomato.

Nutrition Facts



Properties

Glycemic Index:56.03, Glycemic Load:10.95, Inflammation Score:-9, Nutrition Score:18.366956487946%

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 Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.29mg,

Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 168.4kcal (8.42%), Fat: 1.29g (1.98%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 23.18g (8.43%), Sugar: 11.76g (13.07%), Cholesterol: 10.8mg (3.6%), Sodium: 277.37mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.42%), Vitamin A: 2669.9IU (53.4%), Vitamin C: 40.46mg (49.05%), Phosphorus: 268.21mg (26.82%), Manganese: 0.53mg (26.6%), Vitamin B1: 0.37mg (24.89%), Fiber: 5.86g (23.44%), Vitamin K: 24.05µg (22.91%), Vitamin B6: 0.43mg (21.7%), Calcium: 193.12mg (19.31%), Potassium: 672.25mg (19.21%), Vitamin B2: 0.3mg (17.8%), Folate: 67.33µg (16.83%), Magnesium: 56.22mg (14.05%), Vitamin B3: 2.68mg (13.4%), Zinc: 1.91mg (12.75%), Vitamin B12: 0.75µg (12.56%), Copper: 0.23mg (11.33%), Iron: 1.88mg (10.42%), Selenium: 6.51µg (9.3%), Vitamin D: 1.12µg (7.49%), Vitamin B5: 0.73mg (7.27%), Vitamin E: 0.29mg (1.91%)