



Rick's Yummy Split Pea Soup with Ham

 Gluten Free  Dairy Free

READY IN



345 min.

SERVINGS



8

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf to taste
- 0.5 teaspoon pepper black freshly ground
- 1.5 cups carrots finely chopped
- 1 cup celery finely chopped
- 7 cups chicken broth divided as needed
- 1 teaspoon garlic minced to taste
- 14 ounce peas split green rinsed
- 0.3 teaspoon ground thyme

- 2 tablespoons olive oil
- 1.5 cups onion finely chopped
- 2 pounds pork neck bones smoked smithfield® (such as)
- 10 ounces ham smoked cubed carolina pride® (such as)

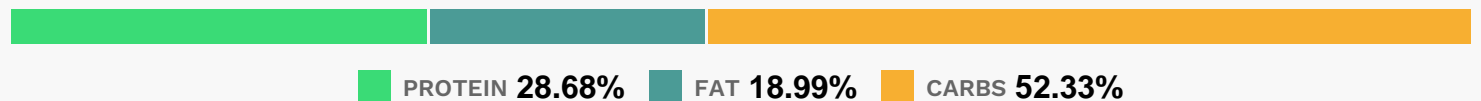
Equipment

- frying pan
- pot

Directions

- Place the split peas into a large container and cover with several inches of cool water; let stand for at least 3 hours. Rinse peas until the water runs clear; drain.
- Heat olive oil in a large skillet over medium-high heat.
- Saute onion, carrots, and celery in hot oil until soft, 8 to 12 minutes.
- Add garlic and saute until fragrant, about 1 minute.
- Combine peas, onion mixture, 6 cups chicken broth, bay leaf, black pepper, and thyme together in a large pot. Stir neck bones into chicken broth mixture, adding more chicken broth as necessary to cover bones completely. Bring mixture to a boil, reduce heat to medium-low, cover the pot, and simmer until peas have dissolved and meat is falling from the bones, 2 to 3 hours.
- Transfer bones to a plate to cool.
- Stir cubed ham into soup. When neck bones are cool enough to handle, remove remaining meat from the bones; discard bones and stir meat into soup. Continue to simmer until ham and meat are heated through, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:20.98, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:20.263043473596%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 272.14kcal (13.61%), Fat: 5.9g (9.08%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 36.6g (12.2%), Net Carbohydrates: 22.51g (8.19%), Sugar: 7.47g (8.3%), Cholesterol: 21.12mg (7.04%), Sodium: 1228.55mg (53.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.12%), Vitamin A: 4147.44IU (82.95%), Fiber: 14.09g (56.36%), Manganese: 0.9mg (44.82%), Folate: 150.88µg (37.72%), Phosphorus: 293.35mg (29.33%), Vitamin B1: 0.44mg (29.11%), Copper: 0.58mg (28.78%), Potassium: 775.62mg (22.16%), Magnesium: 77.76mg (19.44%), Iron: 3.04mg (16.92%), Vitamin K: 17.03µg (16.22%), Zinc: 2.41mg (16.08%), Vitamin B2: 0.26mg (15.18%), Vitamin B3: 2.2mg (11%), Vitamin B5: 1.03mg (10.28%), Vitamin B6: 0.17mg (8.51%), Vitamin C: 5.06mg (6.13%), Calcium: 60.89mg (6.09%), Vitamin E: 0.83mg (5.56%), Selenium: 1.9µg (2.72%)