

Sarah's Pea Soup



Gluten Free



Dairy Free

READY IN



615 min.

SERVINGS



8

CALORIES



362 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 small carrots cut into 1 inch pieces
- ☐ 1.5 tablespoons chives dried
- ☐ 1.5 tablespoons savory dried
- ☐ 2 onions minced
- ☐ 1.5 cups peas whole dry
- ☐ 8 servings salt and pepper to taste
- ☐ 12 ounces salt pork
- ☐ 2 tablespoons vegetable base

☐ 2 quarts water

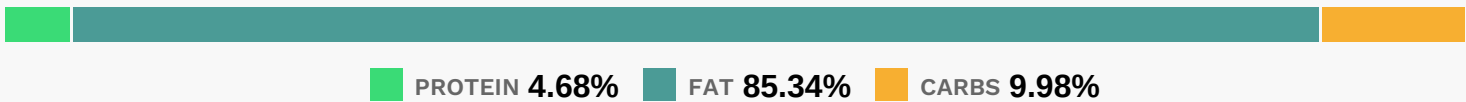
Equipment

☐ pot

Directions

- ☐ Place the dry whole peas in a pot with enough water to cover, and soak 8 hours or overnight.
- ☐ Drain soaked peas, and return to the pot. Cover with 2 quarts water.
- ☐ Mix in the dry split peas, vegetable base, salt pork, onions, carrots, chives, savory, salt, and pepper. Bring to a boil, reduce heat, and simmer 2 hours, until peas are tender.
- ☐ Remove and discard the salt pork before serving.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:2.37, Inflammation Score:-9, Nutrition Score:9.1386956209722%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 362.29kcal (18.11%), Fat: 34.46g (53.01%), Saturated Fat: 12.55g (78.42%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 6.19g (2.25%), Sugar: 3.6g (4%), Cholesterol: 36.57mg (12.19%), Sodium: 1364.22mg (59.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.51%), Vitamin A: 3573.48IU (71.47%), Vitamin C: 14.84mg (17.98%), Vitamin B1: 0.19mg (13%), Fiber: 2.87g (11.49%), Manganese: 0.21mg (10.44%), Vitamin K: 9.33µg (8.88%), Vitamin B3: 1.54mg (7.69%), Vitamin B6: 0.15mg (7.5%), Folate: 28µg (7%), Phosphorus: 68.91mg (6.89%), Copper: 0.13mg (6.66%), Potassium: 207.48mg (5.93%), Zinc: 0.87mg (5.8%), Magnesium: 21.86mg (5.47%), Iron: 0.89mg (4.93%), Vitamin B2: 0.08mg (4.93%), Selenium: 3.15µg (4.5%), Calcium: 38.3mg (3.83%), Vitamin B5: 0.21mg (2.07%), Vitamin B12: 0.12µg (2.06%), Vitamin E: 0.16mg (1.1%)