



Shaggy Man Split Pea Soup

 Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



918 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon thick chopped
- ☐ 0.3 cup pepper black
- ☐ 0.5 stick butter
- ☐ 2 carrots shredded
- ☐ 2 stalks celery stalk diced with leave,
- ☐ 2 quarts chicken stock see
- ☐ 0.3 cup garlic powder
- ☐ 1 pound sausage meat

- ☐ 1 large onion diced
- ☐ 0.3 cup onion powder
- ☐ 1 cup salt
- ☐ 6 servings salt and pepper
- ☐ 1 pound peas dried split cold

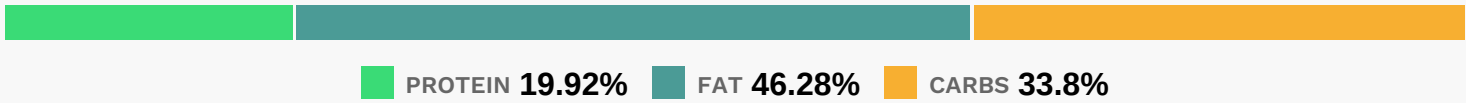
Equipment

- ☐ dutch oven

Directions

- ☐ Melt butter in Dutch oven.
- ☐ Add bacon and saute until tender.
- ☐ Add onions, celery, carrots and pork sausage.
- ☐ Combine together and start with 2 quarts of chicken stock.
- ☐ Add more later if necessary.
- ☐ Add salt, pepper and house seasoning.
- ☐ Add peas and cook on low temperature simmering for about 2 hours.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:36.81, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:42.076086790665%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 917.7kcal (45.89%), Fat: 47.87g (73.65%), Saturated Fat: 17.84g (111.49%), Carbohydrates: 78.66g (26.22%), Net Carbohydrates: 54.3g (19.75%), Sugar: 13.67g (15.19%), Cholesterol: 109.09mg (36.36%), Sodium: 20336.57mg (884.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.37g (92.73%), Manganese: 2.58mg (129.18%), Fiber: 24.36g (97.42%), Vitamin A: 3880.92IU (77.62%), Vitamin B1: 1.07mg (71.43%), Vitamin B3: 12.68mg (63.42%), Phosphorus: 606.2mg (60.62%), Folate: 241.93µg (60.48%), Copper: 1.14mg (56.76%), Potassium: 1737.56mg (49.64%), Vitamin B6: 0.94mg (46.95%), Iron: 6.98mg (38.76%), Magnesium: 149.96mg (37.49%), Zinc: 5.55mg (37%), Vitamin B2: 0.61mg (35.93%), Vitamin K: 31.8µg (30.29%), Selenium: 19.53µg (27.9%), Vitamin B5: 2.39mg (23.88%), Calcium: 155.45mg (15.54%), Vitamin B12: 0.85µg (14.13%), Vitamin C: 6.77mg (8.21%), Vitamin D: 1.13µg (7.56%), Vitamin E: 1.01mg (6.72%)