



Shaker Split Pea Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon savory dried
- 0.3 teaspoon thyme leaves dried
- 1.5 cups peas split green
- 1 teaspoon kosher salt
- 1.5 cups onion finely chopped
- 3 slices center-cut bacon chopped
- 5 cups water

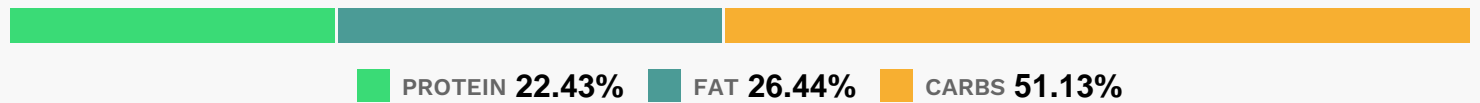
Equipment

- frying pan
- potato masher
- dutch oven

Directions

- Cook bacon in a Dutch oven over medium heat 5 minutes.
- Add onion to pan; cook 5 minutes or until onion is tender and lightly browned, stirring occasionally.
- Add 5 cups water, scraping pan to loosen browned bits.
- Add peas, dried thyme, savory, and pepper to pan; bring to a boil. Cover, reduce heat, and simmer 1 hour and 20 minutes. Mash with a potato masher to desired consistency. Stir in salt.
- Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:10.595217453397%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 194.5kcal (9.73%), Fat: 5.82g (8.96%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 15.38g (5.59%), Sugar: 4.23g (4.7%), Cholesterol: 8.91mg (2.97%), Sodium: 394.22mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.22%), Fiber: 9.96g (39.83%), Manganese: 0.57mg (28.27%), Folate: 107µg (26.75%), Vitamin B1: 0.32mg (21.3%), Copper: 0.36mg (18.11%), Phosphorus: 163.5mg (16.35%), Potassium: 434.06mg (12.4%), Magnesium: 48.77mg (12.19%), Iron: 1.8mg (10.02%), Zinc: 1.34mg (8.94%), Vitamin B3: 1.65mg (8.24%), Vitamin B5: 0.76mg (7.62%), Vitamin B6: 0.14mg (6.83%), Vitamin K: 6.11µg (5.82%),

Vitamin B2: 0.1mg (5.81%), Selenium: 3.46µg (4.94%), Vitamin C: 2.9mg (3.52%), Calcium: 33.44mg (3.34%), Vitamin A: 62.32IU (1.25%), Vitamin B12: 0.07µg (1.13%)