



Shaker Split Pea Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



91 kcal

SOUP

Ingredients

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

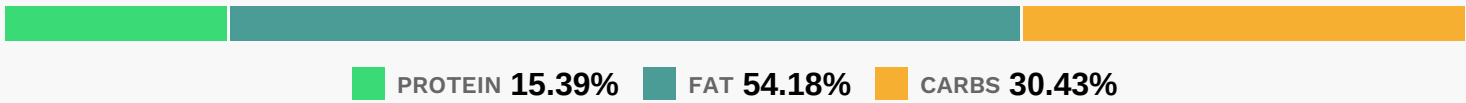
Equipment

- ☐ 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:12.92, Glycemic Load:1.68, Inflammation Score:0, Nutrition Score:4.7030434738035%

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: 90.57kcal (4.53%), Fat: 5.5g (8.46%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 4.86g (1.77%), Sugar: 2.81g (3.13%), Cholesterol: 8.91mg (2.97%), Sodium: 390.04mg (16.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Vitamin C: 13.11mg (15.89%), Fiber: 2.09g (8.35%), Vitamin B1: 0.12mg (8.24%), Manganese: 0.16mg (8.15%), Vitamin K: 7.5µg (7.14%), Vitamin B6: 0.12mg (5.91%), Folate: 23.47µg (5.87%), Phosphorus: 57.67mg (5.77%), Vitamin B3: 1.15mg (5.74%), Selenium: 3.36µg (4.8%), Copper: 0.09mg (4.51%), Vitamin A: 215.27IU (4.31%), Potassium: 138.05mg (3.94%), Magnesium: 15.27mg (3.82%),

Zinc: 0.57mg (3.77%), Vitamin B2: 0.06mg (3.24%), Iron: 0.57mg (3.15%), Calcium: 19.92mg (1.99%), Vitamin B5: 0.14mg (1.41%), Vitamin B12: 0.07µg (1.13%)