

# Simple Healthy Green Pea Soup

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



144 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 teaspoons butter
- 0.5 teaspoon optional: dill dried to taste
- 2 cloves garlic chopped to taste
- 6 servings salt and ground pepper black to taste
- 1 onion chopped
- 32 ounce peas frozen

## Equipment

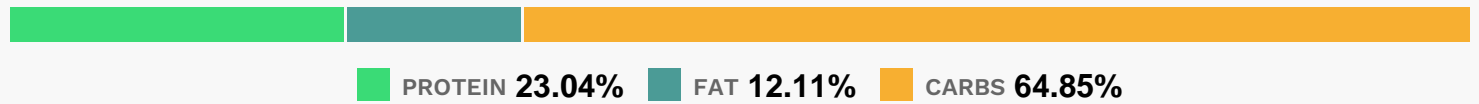
- pot

- blender
- immersion blender

## Directions

- Melt butter in a large pot over medium-high heat.
- Saute onion in hot butter until golden and translucent, about 10 minutes. Stir garlic into onions and saute until fragrant, about 1 minute.
- Stir peas and dill into onion mixture and pour in enough chicken broth to cover. Bring to a boil, reduce heat to medium-low, and simmer until hot, 10 to 15 minutes. Stir milk into soup.
- Puree soup with an immersion blender or pour pea soup into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:30.56, Glycemic Load:6.32, Inflammation Score:-8, Nutrition Score:17.167826032671%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

## Nutrients (% of daily need)

Calories: 143.71kcal (7.19%), Fat: 1.99g (3.06%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 14.94g (5.43%), Sugar: 9.36g (10.4%), Cholesterol: 3.58mg (1.19%), Sodium: 19.37mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.5g (17%), Vitamin C: 62.19mg (75.38%), Vitamin K: 37.87µg (36.06%), Fiber: 8.99g (35.95%), Manganese: 0.68mg (33.82%), Vitamin B1: 0.41mg (27.54%), Folate: 101.86µg (25.46%), Vitamin A: 1204.19IU (24.08%), Phosphorus: 171.15mg (17.12%), Vitamin B3: 3.19mg (15.96%), Vitamin B6: 0.29mg (14.58%), Copper: 0.28mg (13.9%), Magnesium: 52.56mg (13.14%), Iron: 2.33mg (12.94%), Zinc: 1.92mg (12.82%), Vitamin B2: 0.21mg (12.15%), Potassium: 404.18mg (11.55%), Calcium: 46.16mg (4.62%), Selenium: 2.98µg (4.25%), Vitamin B5: 0.19mg (1.89%), Vitamin E: 0.24mg (1.6%)